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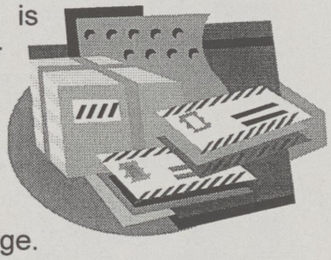
FOCAL POINT

ICO Student Newsletter **January 17, 2003**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out January 31, 2003 and the deadline for submissions is January 29 at 5:00pm.

CAMPUS NEWS

From the Mailroom:



United Parcel Service is charging $5.00 for address correction on shipped packages. It will be necessary to charge the sender for this additional charge. Please, check your addresses and keep them current. This will save money and avoid any delay to the delivery of your package.

When shipping a package UPS it is always advantageous to use a business address. Shipping to a business is quicker and cheaper, $1.00 - $3.00.

If we can answer any of your mailing or shipping questions please do not hesitate to ask anyone in the mailroom.
Daisy Varkalis X7085

Security Safety Policy Reminder

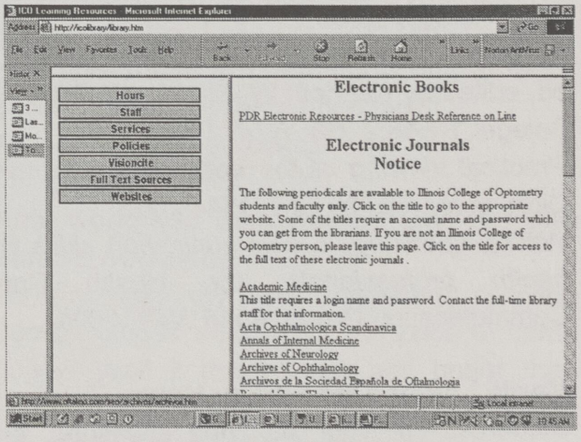
The Illinois College of Optometry maintains a policy that EVERY PERSON in the building wear an ID Badge. Faculty, Staff, and Students are required to DISPLAY their ID Badge upon entering the building and CONTINUE to DISPLAY their Badge while on campus. Patients are issued a visitors ID from the reception desk upon registering the clinic. Those entering at the Indiana entrance receive a Badge from the information desk. This policy is for our Safety and Security at ICO.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

The Library physically contains many books, journals, CD-ROMs, and other materials, but we also provide you online resources as well. Some of our journals and reference materials are available through the World Wide Web. For a quick list of free materials that can be accessed through the Internet, log on to our library website from campus at http://icolibrary/library.htm or from home at http://library.ico.edu.

On the website, click on "Full Text Sources."



Although all of these sources are free to the ICO community, some require that you have a

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password in order to use them. Contact a librarian if you need a particular source.

In addition, while you are looking up materials in the Library's computer catalog, iLink, you may notice that some records have a URL, or website address. Those websites may provide additional materials, or even the full text of the entire work. For instance, we have the IRS forms and booklets in the Library and also on CD-ROM. If you look up the CD-ROM on iLink, it gives the IRS website so that you also may download them all from the WWW.

Some of the articles in VisionCite contain links to the article's publisher. If the publisher's website asks for a password, check the "Full Text Resources" list to see if the journal is available for free to the ICO community. The journals not on the list may charge a fee for online access. All articles on VisionCite are in paper copy in the Library; we include the Internet links to the pay-per-view websites as a convenience for those who want immediate online access and do not mind the charge.

The Library received some great new books for the New Year! Here are some samples:

Clinical retina, edited by David A. Quillen and Barbara A. Blodi. RE551 .C575 2002. Includes CD-ROM of images.
Contact lenses A-Z, Nathan Efron. RE977.C6 E445 2002
Glaucoma: science and practice, edited by John C. Morrison, Irvin P. Pollack. RE871.G5437 2003
Pediatric ophthalmology and strabismus, 2nd ed, edited by Kenneth W Wright and Peter H. Spiegel, RE48.2 .C5 W747 2002
Practical viewing of the optic disc, Kathleen Digre et al. RE728.O67 D544 2003
Writing speaking, & communication skills for health professionals, the Health Care Communication Group, R118 .W77 2001.

Martin Luther King Library Hours.
Students, for your studying pleasure, the library will open at 5 pm Monday, Jan 20 and close at midnight so that you will have time to study for your Tuesday morning quiz. Thanks go to the two library work study students who will work the hours. Computers may not be available because the network servers are being upgraded.

Federal Income Tax Forms:
The library has a display rack with federal income tax forms. We also have the 2002 CD ROM disk of federal tax forms. The call number is CDR 56 2002. Forms are online at www.irs.gov.

Illinois State Income Tax Forms:
They are coming but not here yet.

Attention 3rd Year Students

Need Extra Money? Papers for the $1,000 AOA Student Leadership Award are due to the Student Affairs Office by 2/1/03.

Attention 4th Year Students

Reminder – case reports for the $1,000 Alcon 4th Year Optometry Student 2003 Scholarship are due to the Student Affairs Office by 2/1/03.

Attention Fourth Year Students - Commencement Announcements

Commencement announcements will be personalized with your name and degree printed into the text of the announcement along with the time, date and place of the ceremony. Information from C-B Announcements LLC has been placed in your mailboxes explaining all package and payment options.

Lockers



Attention Fourth Year Students Leaving for Externship in Spring
Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student

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returning from an externship site. Also, please inform Kathy in the Student Affairs Office which locker you are vacating.

Attention Fourth Year Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

Chiropractic Care Available

Extended Hours

Bill Kastanes, D.C. offers chiropractic care to ICO students at a reduced fee ($30/session) through the Office of Student Wellness. His NEW hours are every FRIDAY, from 12:00 noon until 4:00 pm. Call extension 7229 to schedule your appointment.

Engagement

Congratulations to 1st year Brian Gill for his engagement to Mariah Martin. I hear the women weeping all over the world – *Joel Sollom*

Great Lakes Optometric Congress

Light and Lenses

Held under the auspices of the OEP Foundation. March 9 & 10th, 2003 at the Doubletree Hotel, Skokie, IL. Guest speakers: Ray Gottlieb, O.D., Ph.D. and Rob Lewis, O.D. The registration form is in the Student Affairs Office. Students are free.

School or Not

Please call ICO's weather hotline if you are in doubt about school closings due to weather...312-949-SNOW.



CLASSIFIEDS

LAB TA

We need a Lab TA for the Child Development and Management Laboratory. The lab times will be every morning from 9-12:00. Contact Christine Allison, OD at x7336

Reliable work-studies needed:

Monday, Wednesday, Friday. Prefer hours 1-3 but are flexible. Duties will include scrubbing accounts, organizing files, filling, billing responsibilities for Vsp & Davis Vision Insurance. Interested persons should contact Pamela Banwell ext 7330.

Third & Fourth Year Students

Lab Teaching Assistants for Optometry Lab 2.3 Spring Quarter.

If interested please sign up on the sheet on Dr. Trachimowicz's office door, Brady Hall Rm. 2017. If interested in more than one lab section, please indicate the order of your preferences! Last year we hired 4 TAs per lab section. Labs are Monday thru Friday 9am - 12noon. Be ready & willing to teach!

Drs. Trachimowicz & Castells

TAs are needed for HISTOLOGY LABS Spring Quarter.

If interested please sign up on the sheet on Dr. Trachimowicz's office door, Brady Hall Rm. 2017. If interested in more than one lab section, please indicate the order of your preferences! We will probably try for 2-3 TAs per lab section. Labs are Wed thru Friday 1-3pm and 3-5pm. Be ready & willing to teach as well as babysit some open labs!!

Thanks, Dr. Trachimowicz

New workshop opportunity: Dry eye and punctal occlusion

Do you have dry eye? Interested in trying punctal plugs? Waiting for the price to come down? Well it doesn't get any better than FREE! Do you want experience diagnosing dry eye and inserting silicone plugs?

When: January 31, 2003

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Where: Adams Center and Cornea Center
Schedule:
2:30-3:30 presentation By Dr. Medina with demonstration of techniques
3:30-5:00 wet lab diagnostic techniques for dry eye, punctal gauges and plug insertion

Looking for patients for wet lab and interns to care for them
Contact Dr. Reeder at rreeder@ico.edu or Dr. Malooley at mmalooley@ico.edu
Space is very limited.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Kansas

Residency in Refractive Surgery Co-Management at the Hunkeler Eye Institute
Due to the high volume of wavefront-guided custom ablation research being done at this site, there will be two residency positions available next year at Durrie Vision at the Hunkeler Eye Institute in Overland Park, KS. Application is through ORMS (www.orms.org). For information about Dr. Durrie and the practice go to www.durrievision.com or contact the current resident, Dr. David W. Friess at dfriess@hunkeler.com, or 913-491-3737. You can contact Dan Durrie, MD directly at ddurrie@hunkeler.com.

Oregon, Nevada, and Washington

Pacific University and Associated Clinics, Forest Grove and Portland, OR
Residency in Cornea and Contact Lenses – Application Deadline: Feb 1.

Eye Care Associates of Nevada
Ocular Disease, Refractive and Ocular Surgery, Optometric Residency Program

Roseburg VA Medical Center, Roseburg, OR
Primary Eye Care Department of Veterans Affairs Optometry Residency Program

VA Puget Sound Health Care System, American Lake Division, Tacoma, WA
Geriatric Optometry Primary Eye Care, Department of Veterans Affairs Optometric Residency Program

Portland VA Medical Center, Portland, OR
Primary Eye Care Department of Veterans Affairs, Optometric Residency Program

Jonathan M. Wainwright Memorial VA Medical Center Walla, Walla, WA
Primary Eye Care/ Refractive & Surgical Co-Management, Department of Veterans Affairs, Optometric Residency Program

Indiana

Indiana University, School of Optometry
Residency Programs in Primary Eye Care Pediatrics, Binocular Vision, Contact Lens, Low Vision, Ocular Disease. Please visit website www.opt.indiana.edu or pick up a brochure from the Student Affairs Office. Application deadline: Feb 1, 2003

California

Clinical Fellowship in Vision Training, La Jolla, CA
Applicants are currently being evaluated for private practice fellowship at the Optometric Vision Development Center under the direction of Claude A. Valenti, O.D., F.C.O.V.D. Location is La Jolla, CA specializes in behavioral/development vision care. This is sponsored through Pacific University. The stipend is $2,000 plus benefits per month.

UCBSO On-Campus Residency Program
Programs in primary care, ocular disease, contact lenses, low vision, binocular vision and pediatrics. Their web site is http://spectacle.berkeley.edu/ucbso/residency.html

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Berkeley: Affiliate Residency Programs in Primary Care Optometry and Rehabilitative Optometry

Fresno Veterans Affairs Medical Center – Primary Care

San Francisco Veterans Affairs Medical Center – Primary Care

Western Blind Rehabilitation Center and Palo Alto Veterans Affairs – Rehabilitative Optometry and Primary Care Optometry

Web site: http://spectacle.berkeley.edu

Arizona, New Mexico, and North Dakota

Indian Health Service Residency

These residencies are affiliated with the Southern California College of Optometry. Go to the SCCO website at www.scco.edu for more information on a specific program. To apply, go to the Optometric Residency Matching Service website at www.orms.org and submit your application online.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4th Year Student Scholarship Award	• 4rd year Optometry Student • Case Report of Alcon Product	$1,000	February 1st, 2003 to Student Affairs Office
Student Leadership Award AOA	• Third year student member of AOSA • Student Government Involvement • One-page curriculum vita • Brief Statement	$1000	Feb 1, 2003 to Student Affairs Office
Chicago Area Schweitzer Fellows Program	• 200 hrs community service	$2000	February 7th 2003
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	• Legal residence in the greater Chicago metropolitan area • Jewish students enrolled in a helping profession	$500,000 available funds	March 1st, 2003 Www.jvschicago.org
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office

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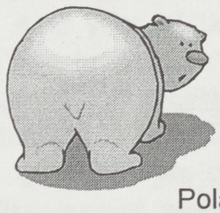
John Gyles Education Awards	• Student in Canada or United States • GPA 2.7	Up to $3,000	April 1, June 1, November 15, 2003 For application send self stamped envelope (.37US) to: John Gyle Education Award Attention: The Secretary P.O. Box 4808, 712 Riverside Dr. Fredericton, New Brunswick, Canada E3B 5G4
The Dr. Seymour Galina Grant **(AOA)**	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2003 – to Student Affairs Office
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

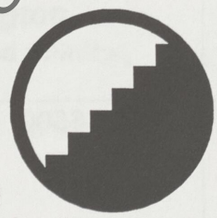
Polar Bear Run

I would like to wish the best of luck to everyone participating in the Polar Bear Run 2003. The mileage-tracking sheet is posted outside the gym. Check out the progress of your fellow Polar Bears. Also, if you have not turned in your waiver, please place them in Shelby Lalich's mailbox ASAP.



Climb Away

Have you spent countless hours on the Stairmaster, and now your want to reap the benefits? If you want to put your climbing skills to the test, sign up for the annual Hustle up the Hancock or Children's Memorial Step Up For Kids 2003. Both of these events involve climbing flights of stairs up two of Chicago's tallest buildings, the John Hancock Center and the Aon Center. If you want more information on the events or registration, log on to www.lungchicago.org or www.childrensmemorial.org



Massage Therapy

Are you feeling the winter blahs? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

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The next sessions will be Thursday, January 30 and Thursday, February 6.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Happy New Year

Have you already given up on your New Year's resolution to get in shape? If so, it's okay (for now). If you listen to your body, spring is the best season to start a health and fitness program. Earlier sunrises and sunsets appear to affect serotonin, one of several brain substances that act as chemical messengers between cells. Although the experts don't know exactly how serotonin and longer hours of daylight interact, they do know that serotonin has a major influence on how people feel and eat. As a result, the winter blahs seem to disappear once spring arrives and people get up and get moving.

However, for those of you that are sticking to the program, keep it up. Recent studies have shown that you may get a 20% to 30% increase in mental function after performing strenuous activities such as weight lifting or doing an intense cardio routine. The increase in blood flow to the brain following these activities makes you sharper.



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PRACTICE OPPORTUNITIES SYMPOSIUM

Friday, February 28, 2003
Lecture Center & Gym
1:30 P.M. to 6:00 P.M.

ILLINOIS COLLEGE OF OPTOMETRY
MEL ORA
LUX ET VERITAS

Don't miss this unique opportunity to look to the future and the opportunities it holds for you.

Panelists speaking on "Practice Transistions" including Buying a Practice, Selling a Practice, Leasing a Practice, Employment Agreements, Associate to Partner/Buying into a Practice, etc. Also representatives from Cole Vision, Wal-Mart, Sterling Vision, Shopko, America's Best, Lenscrafters, US Vision, US Air Force, U.S. Army, U.S. Navy, AOA, IOA and more.....

For more information please see Lynn in Student Affairs

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Army At ICO

- **Would You Like to Attend School For Free?**
- **Would You Like to Have a Significant Portion of Your Loans Paid?**
- **How Would You Like to Work With State of the Art Equipment While Networking With Colleagues From Other Parts of the Country?**
- **Did You Know That the Army and Army Reserve Could Accomplish These Things for You!**

The Army has scholarships that pay **100% tuition, books**, and **fees**. In addition, you will receive **a monthly stipend of $1131.00.**

The Army Reserve has a program that will pay you a **cash bonus of $30,000.00** and **$50,000.00 towards your student loans**. In addition, you will receive **a monthly stipend of $1,131.00** and **a paycheck of over $300.00**. All of this can be accomplished **while you are still at school** and do not require you to leave home!

The Army will be here on
Wednesday, January 29, 2003
Holding information sessions on these and other great benefits and opportunities all day in hourly sessions starting at:
9:00 A.M. – 3:00 P.M.
In the Library Conference Room (2ND Floor)

Refreshments will be provided

If You Have Any Questions, Please Feel Free to Give the Army a call at (708) 647-8427. (Sgt Bergman or Sgt Hill)

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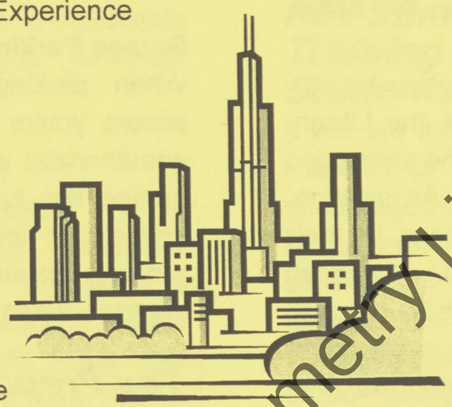
January 31, 2003

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CAMPUS NEWS

RC Reduced Rates Available

Are you interested in living in the city this summer? Sign up for Experience Chicago, and remain in the Residential Complex (RC) for discounted rates of $449 per month for a single, or $499 per month for a double as a single. Meal plan options and free parking are available for all summer RC residents. Any first year students interested in full or part-time summer employment through this program can earn $10.80 per hour in various occupational positions. Join us this summer as we travel throughout Chicago to festivals, museums, restaurants, Ravinia, the Taste of Chicago, Navy Pier, and more (all events are optional)!! Interested students should either sign up today, or email Experience Chicago@yahoo.com.



Resident Assistant Applications

If you are interested in applying for a Resident Assistant position in the Residential Complex for the 2003 – 2004 academic year, please stop by the Student Affairs Office to pick up an application. Completed applications are due to the Student Affairs Office by Monday February 24th, 4pm.

Graduating With Honors

Dr. Colip

For those students interested in graduating "with Honors" the required cumulative GPA in each category at ICO is:

Summa Cum Laude – 3.90 to 4.00

Magna Cum Laude – 3.75 to 3.89

Cum Laude – 3.50 to 3.74

Go for it!

Heart of America Conference

ICO will be attending the Heart of America Contact Lens Conference in Kansas City, MO February 14 to 16, 2003. The office of Alumni Relations will host an Alumni Reception on the 14th from 8:00 to 10:00pm and participate in the exhibits at booth number 522. Please stop by if you are planning to attend and spread the word to others. For more information, please contact Dr. Vince Brandys at ext 7079.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Several formats are used for writing papers at the Illinois College of Optometry. Many faculty prefer the "Uniform Requirements for Manuscripts Submitted to Biomedical

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Journals," which is the format used by medical journals such as *Annals of Internal Medicine*, *Canadian Medical Association Journal*, *JAMA, New England Journal of Medicine* and *The Lancet*. The instructions for this style can be found at http://www.icmje.org/ or at the Library Reserve desk in folder JA 001.

The Council of Science Editors also provides relevant writing information at their website at http://www.councilscienceeditors.org/services_references.shtml. It provides guidance on how to research, compose, and submit a journal article, and includes sections on grammar and style such as how to cite an Internet sources. It also links to the style manuals of over 3000 journals in the health sciences.

Although used less in optometry, the Library also carries several sources on the style used by the American Psychological Association. We have the complete instructions in their book, *Publication manual of the American Psychological Association* (BF76.7 .A46 2001), as well as an introductory guide called *The world's easiest guide to using the APA* (BF76.7 .A6 1998), and a CD-ROM that guides the user through the writing process, *APA-style helper* (CDR 47).

Please consult a librarian if you need other style manuals for writing papers or research assistance.

Federal Income Tax Forms:
The **library** has a display rack with federal income tax forms. We also have the 2002 CD ROM disk of federal tax forms. The call number is CDR 56 2002. Forms are online at www.irs.gov.

Faculty Update

Dr. Dominick Maino provided a continuing education lecture sponsored by the Illinois Optometric Association and the Chicago Cornea Consultants, entitled, "The ARRAY IOL: Personal Perspectives, Pre & Post-Opt Care" held at the Hyatt Regency O'Hara Hotel on January 27th.

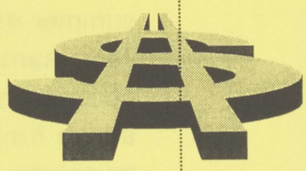
Security Safety Reminders

ID Policy
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Garage Parking
When parking within the garage please secure you're vehicle. In the event that an unauthorized person should gain entry to the garage this would make it more difficult for anyone to enter a vehicle, and remove property, or simply enter and hide inside the vehicle waiting for you.

Tax Preparation

Tax Time is upon us
No Need to Fret. Try…
For A Season
Tax Preparation
Celeste Graham, Proprietor
For consultation, please call x7310



Attention Fourth Year Students - Commencement Announcements

Commencement announcements will be personalized with your name and degree printed into the text of the announcement along with the time, date and place of the ceremony. Information from C-B Announcements LLC has been placed in your mailboxes explaining all package and payment options.

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Lockers



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Attention Fourth Year Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

Travel Grant to AOSA Conference in San Diego

Two, Five hundred dollar travel grants are available though Vistakon, Johnson & Johnson Vision Care. Essay Deadline is April 1, 2003. This years topic is "Think About Your Future: What is the Most Critical Issue Facing Optometry Today?" See Ryan Haiar with any questions or leave him a note in box 172.

Two Summer Internships

Missouri and Virginia

8 – 12 weeks, open to all first, second and third year optometry students interested in learning about the AOA. A weekly salary of $300 and round trip airline tickets to internship city provided.

St. Louis, MO – Intern will be exposed to the activities of the Communications Group, Clinical Care Group, State Government Relations Center, and Information & Member Services Group, as well as the International Library, Archives and Museum of Optometry

Alexandria, VA – Intern will have an opportunity to work with the Federal Government Relations Center, and Eye Care Benefits Center, as well as an opportunity to work on AOA-PAC projects and other legislative concerns. In addition the intern may spend time on Capitol Hill learning first-hand how the AOA conducts its lobbying activities. Send a letter of interest, along with a current resume, to:

Laura M. Baumstark
I&MSG Director
243 N. Lindbergh Blvd.
St. Louis, MO 63141
lmbaumstark@aoa.org

Deadline for letters of interest and resumes is March 3, 2003. For more information check the Student Affairs Office scholarship drawer under AOA.

NEI Summer Research Training Program for OD Students At UC, Berkeley

If you are a first year student, with a potential interest in research, you are strongly encouraged to apply. The aim of the program is to expose currently enrolled optometry students to research and opportunities for research as a career goal. Potential added bonuses are your name on a publication and/or the opportunity to present your work at the American Academy of Optometry or other scientific meetings. The program requires a full-time 10-12 week commitment. The overall goal of the program is to increase the number of OD graduates going on to post-graduate research. The stipend paid by this program is $4,539.00. For more information and application go to http://spectacle.berkeley.edu/ucbso/neisummer.html

For additional information, please ask Gemma Soliman Box #430, Past Fellowship holder.

COVD Student Research Award

The College of Optometrists in Vision Development is pleased to announce the 2003 Dr. Martin Kane Student Research Award program.

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The goal of this award program is to encourage and recognize student/resident research on the relationship of vision to learning. Each year COVD provides a $750 award and plaque to the COVD student/resident member who submits the best research project. The Award winner is expected to attend the COVD Annual Meeting October 22-25, 2003 in Phoenix, AZ to display a poster of the research project during the Scientific Poster Session. Application forms are in the Student Affairs Office in the scholarship drawer under COVD Martin Kane Student Research Award.

School or Not
Please call ICO's weather hotline if you are in doubt about school closings due to weather…312-949-SNOW.



CLASSIFIEDS

Clinic Workstudy
Looking for responsible workstudy help in the clinic. Very flexible hours in Advanced Care and Pediatrics, Monday thru Saturday, daytime and some evening hours are available. Morning and afternoon hours are available in Low Vision. Please call Mary Rutherford at 7222 if interested.

Lab TAs
Dr. Lee needs lab TAs for Sensory II for the Spring Quarter: Wednesday, Thursday, and Friday; 1-3pm and 3-5pm for all 3 afternoons. If you can help, please call Dr. Lee at 7174 ASAP.

LAB TA
We need a Lab TA for the Child Development and Management Laboratory. The lab times will be every morning from 9-12:00. Contact Christine Allison, OD at x7336

Reliable work-studies needed:
Monday, Wednesday, Friday. Prefer hours 1-3 but are flexible. Duties will include scrubbing accounts, organizing files, filling, billing responsibilities for Vsp & Davis Vision Insurance. Interested persons should contact Pamela Banwell ext 7330.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4th Year Student Scholarship Award	• 4rd year Optometry Student • Case Report of Alcon Product	$1,000	February 1st, 2003 to Student Affairs Office
Student Leadership Award AOA	• Third year student member of AOSA • Student Government Involvement • One-page curriculum vita • Brief Statement	$1000	Feb 1, 2003 to Student Affairs Office

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Chicago Area Schweitzer Fellows Program	• 200 hrs community service	$2000	February 7th 2003
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	• Legal residence in the greater Chicago metropolitan area • Jewish students enrolled in a helping profession	$500,000 available funds	March 1st, 2003 Www.jvschicago.org
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office
John Gyles Education Awards	• Student in Canada or United States • GPA 2.7	Up to $3,000	April 1, June 1, November 15, 2003 For application send self stamped envelope (.37US) to: John Gyle Education Award Attention: The Secretary P.O. Box 4808, 712 Riverside Dr. Fredericton, New Brunswick, Canada E3B 5G4
Walman Optical Company Scholarship	• Optometry student in second or third year	$500 to $3,000	April 10, 2003 www.walman.com
The Dr. Seymour Galina Grant (AOA)	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2003 – to Student Affairs Office
AFVA – Michigan Affiliate	• Resident of MI • 3rd year • B Average • Plan to practice in MI	$1,000	May 1, 2003
COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003

The Student Affairs Office has more information, so stop by and check it out!

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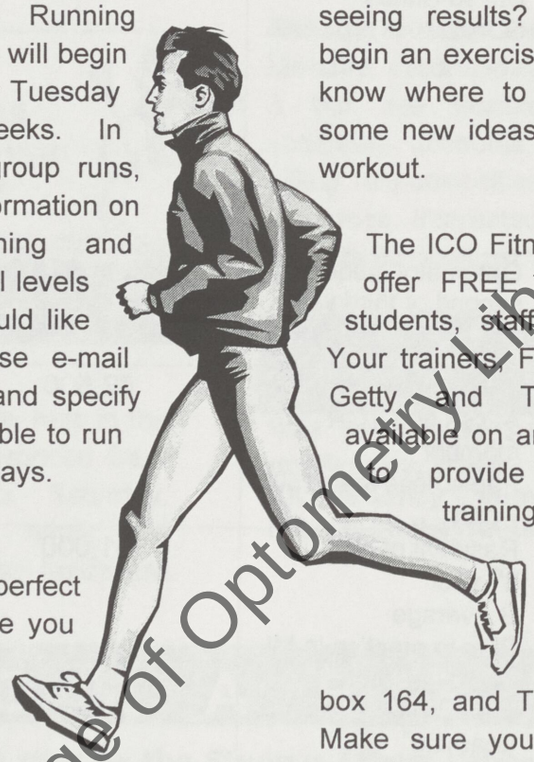
FITNESS CORNER

Polar Bear Run

You're half way there Polar Bears! Keep up the good work! Please update your January mileage on the tracking sheet by Monday, February 3. At that time, the February mileage chart will be posted.

Running Club

Although we are still in Polar Bear season, the ICO Running Club is not far away. If you are interested in training for a 5K or improving your current running performance, the ICO Running Club is for you. The club will begin March 3 and meet every Tuesday and Thursday for 8 weeks. In addition to organized group runs, you will also receive information on nutrition, weight training and stretching for running. All levels are welcome! If you would like more information, please e-mail slalich@eyecare.ico.edu and specify the times you are available to run on Tuesdays and Thursdays.



Massage Therapy

Are you looking for the perfect Valentine's Day gift? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, February13 and Thursday, February 27.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

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Eye on Wellness

Where Do You Learn About Nutrition?

You know it is good to exercise at least 60 minutes each day, but where did you learn that? A recent survey done by the American Dietetic Association (ADA) reported the following information on where people obtain their health information:

75% of Americans get most of their nutritional information from television.
58% obtain their health information from magazines.
13% log on to the Internet to find out the latest health updates (especially 25 to 34 year olds and college graduates).

In addition to these findings, the ADA also found that 38% of Americans said they were committed to a healthy lifestyle. This number is up 28% from the year 2000.

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PRACTICE OPPORTUNITIES SYMPOSIUM

Friday, February 28, 2003
Lecture Center & Gym
1:30 P.M. to 6:00 P.M.

Don't miss this unique opportunity to look to the future and the opportunities it holds for you.

Panelists speaking on "Practice Transistions" including Buying a Practice, Selling a Practice, Leasing a Practice, Employment Agreements, Associate to Partner/Buying into a Practice, etc. Also representatives from Cole Vision, Wal-Mart, Sterling Vision, Shopko, America's Best, Lenscrafters, US Vision, US Air Force, U.S. Army, U.S. Navy, AOA, IOA and more.....

For more information please see Lynn in Student Affairs

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FOCAL POINT

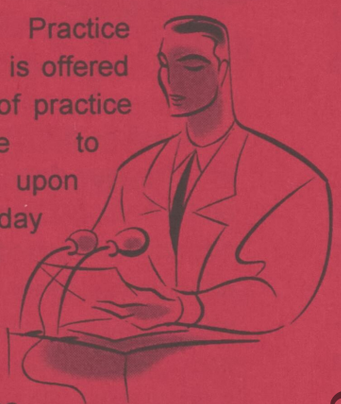
ICO Student Newsletter **February 14, 2003**

Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out February 28, 2003 and the deadline for submissions is February 26 at 5:00pm.

CAMPUS NEWS

Practice Opportunities Symposium



Each year ICO's Practice Opportunities Symposium is offered to showcase the variety of practice opportunities available to optometry students upon graduation. It is a great day for students, ICO alumni and area optometrists to visit, learn, share information and network with others in the profession. This year, for the presentation portion of the symposium, the panel will consist of ICO alumni and practice consultants, with the theme being "Optometric Practice Transitions". Topics that will be covered include "Buying a Practice", "Selling a Practice", "Leasing a Practice", "Employment Agreements" and "Associate to Partner/Buying into a Practice". The panelists will be speaking on their own experiences and recommendations for success. After the presentations there will be a Fair/Reception which provides a unique opportunity for all organizations, corporations and practitioners, with current or future opportunities for optometrists, to meet at their tables with students and alumni. We also invite alumni who currently are enrolled in ICO's Placement Program. As a point of interest, the symposium has been the cover story in past issues of Optometric Management's New OD magazine. Our sixth annual Practice Opportunities Symposium will be Friday, February 28, 2003 starting at 1:30 p.m. in the Lecture Center. The key to our longevity has been the ability to remain at the forefront of evolving conditions in the teaching and practice of optometry and the Practice Opportunities Symposium assists in this ongoing endeavor.

For more information, please see the attached symposium flyer or see Lynn Petrica in the Student Affairs Office. Hope to see everyone there!

Attention Fourth Students
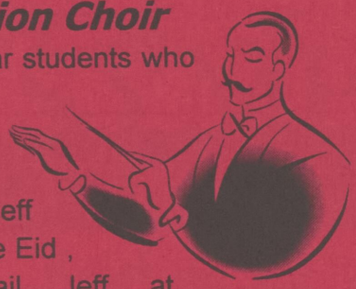


Commencement Activities

Mark your calendars for May 14th! We are planning our annual event the Commencement Capstone Program and we encourage all fourth year students to attend. The day will start with graduation rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All fourth year students are expected to attend the day's events.

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Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 17. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2003 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

2003 Graduation Choir



Any faculty or 4th year students who would like to be part of this year's graduation choir please contact Jeff Frank, box 83 or Moe Eid , box 77 or email Jeff at jbf44@hotmail.com, or Moe at moeeid@yahoo.com at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Hotel Rooms



Have you reserved hotel rooms for graduation week for you and your family? If not, please do so ASAP, since that is a very busy week-end in Chicago because of the restaurant convention.

Attention: Third Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 2 pm on February 26th to accept your picture selection for the 2004 graduation class composite and also to take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer.

Board Student Affairs Committee Meeting

On Thursday, March 6 from 7:30 – 8:30 a.m. in the Library Conference Room, the Board Student Affairs Committee will be holding a meeting. All students are welcome to attend this meeting and offer their input. Please let Sharon Uher, in the Student Affairs Office, know if you plan to attend.

Private Practice Club Meeting

The Private Practice Club and Student Association have invited United States Representative John Boozman, O.D., Illinois Optometric Association President Steve Leon, O.D., and American Optometric Association's PAC Director Noel Brazil to their next meeting scheduled for Friday, March 14, 2003 beginning at 5:00 in Lecture Center 1200. They will be discussing optometric practice and its relationship at the Federal and State levels. Please save this date for this very informative meeting. More details will be in the next newsletter.



St. Patty's Day Party

The annual St. Patty's Party will be held on Saturday, March 15th at Slugger's Bar, 3540 N. Clark. Cost will be $23.00 per person which includes all you can drink domestic beer, wine, and soda from 8-12pm. Everyone is welcome to attend! All proceeds go toward the SA scholarship fund which is given to a fellow student every spring. Last year 250 attended and we made about $1,000 for the scholarship. So come support your fellow colleagues and don't forget to wear green! Tickets will be sold outside room 1200 from Thursday, March 6th until Thursday, March 13th. Additional tickets will be available at the door for the same price. Any questions contact Amy Birr, Box 131.

Haiti Raffle Success

A big **"thank you"** to everyone participating in the Haiti mission trip raffle. We raised over $1,000 and greatly appreciate the support! Congratulations to the winners!



Up and coming

Haiti Trip members will share photos, stories, and answer questions about their trip. Experience Haiti through your classmates in March.

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Martin Luther King, Jr., Scholars Program

This is the second year for the Martin Luther King, Jr., Scholars Program. The program was established in commemoration of the late Dr. Martin Luther King, Jr., and his contribution to civil and human rights in America. Under this initiative, graduate students are eligible to apply for an eight-week, paid internship in the United States Department of Education in Washington, DC. Students will gain experience in policy analysis and development. The recruitment announcement is available on the following Federal Job information web sites: www.ed.gov; www.usajobs.opm.gov; and www.studentjobs.gov.

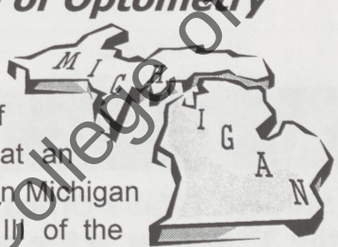
Wal*Mart Scholarship

Wal*Mart is offering a $1,000 scholarship to a second, third and fourth year who meet the following criteria:

GPA minimum of 3.0 on a 4.0 scale
Financial need

If you meet the above criteria, please submit a letter of intent expressing your interest to the Student Affairs Office by Friday, March 7. Externship students can fax their letter to Sharon Uher's attention at 312-949-7680. Thank you.

Michigan Board of Optometry



Effective Immediately, the Michigan Board of Optometry requires that an applicant for licensure in Michigan pass Parts I, II, and III of the National Board (NBEO) Examinations prior to taking the Michigan Optometry Examination. As soon as the Michigan Boards is notified by NBEO that an applicant has passed all three parts of the National Board Examinations, the applicant will be made eligible for the Michigan Optometry Examination. The Michigan Optometry Examination will be administered the week of July 14, 2003. Applications for the Michigan Optometry Examination and licensure in Michigan are available by calling 517-335-0918.

The deadline for applying for the April administration for Parts II and III of the National Board is February 20, 2003. Candidates can register for the National Board Examinations at www.optometry.org.

NEI Summer Research Training Program for OD Students At UC, Berkeley

If you are a first year student, with a potential interest in research, you are strongly encouraged to apply. The aim of the program is to expose currently enrolled optometry students to research and opportunities for research as a career goal. Potential added bonuses are your name on a publication and/or the opportunity to present your work at the American Academy of Optometry or other scientific meetings. The program requires a full-time 10-12 week commitment. The overall goal of the program is to increase the number of OD graduates going on to post-graduate research. The stipend paid by this program is $4,539.00. For more information and application go to http://spectacle.berkeley.edu/ucbso/neisummer.html

For additional information, please ask Gemma Soliman Box #430, Past Fellowship holder.

Travel Grant to AOSA Conference in San Diego

Two, Five hundred dollar travel grants are available through Vistakon, Johnson & Johnson Vision Care. Essay deadline is April 1, 2003. This years topic is "Think About Your Future: What is the Most Critical Issue Facing Optometry Today?" See Ryan Haiar with any questions or leave him a note in box 172.

Resident Assistant Applications

If you are interested in applying for a Resident Assistant position in the Residential Complex for the 2003 – 2004 academic year, please

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stop by the Student Affairs Office to pick up an application. Completed applications are due to the Student Affairs Office by Monday February 24th, 4pm.

RC Reduced Rates Available

Are you interested in living in the city this summer? Sign up for Experience Chicago, and remain in the Residential Complex (RC) for discounted rates of $449 per month for a single, or $499 per month for a double as a single. Meal plan options and free parking are available for all summer RC residents. Any first year students interested in full or part-time summer employment through this program can earn $10.80 per hour in various occupational positions. Join us this summer as we travel throughout Chicago to festivals, museums, restaurants, Ravinia, the Taste of Chicago, Navy Pier, and more (all events are optional)!! Interested students should either sign up today, or email Experience Chicago@yahoo.com.

Lockers



Attention Fourth Year Students Leaving for Externship in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in the Student Affairs Office which locker you are vacating.

Attention Fourth Year Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

CLASSIFIEDS

WORK-STUDY POSITION - (Big$$)

All right - I lied to get your attention. But you do get to work with ME! Open to all ICO students!! Spring quarter Clerical Assistant for CLE 264.2

Approximately 2-3 Hours per week

FLEXIBLE – You choose when you work.

Please contact Dr. Gross at Ext 7314 and leave telephone contact.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Minnie Flaura Turner Memorial Fund for Impaired Vision Research	• 500 word prospectus of research project • Grad students	$1,000.00	March 1, 2003

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The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	• Legal residence in the greater Chicago metropolitan area • Jewish students enrolled in a helping profession	$500,000 available funds	March 1st, 2003 Www.jvschicago.org
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office
Wal*Mart	• 2, 3, and 4th Years • Financial Need • GPA 3.0	$1,000	March 7, 2003 Letter of Intent to Sharon Uher, Student Affairs Office
2002-2003 Secretary's Award for Innovations in Health Promotion and Disease Prevention **US Dept. of Health and Human Services**	• Health Professions Students • 2,500 words or less • Health promotion project on a special population group or a preventative risk-reduction effort for targeted community	1,500 to 7,500	March 21, 2003 http://bhpr.hrsa.gov/interdisciplinary
John Gyles Education Awards	• Student in Canada or United States • GPA 2.7	Up to $3,000	April 1, June 1, November 15, 2003 For application send self stamped envelope (.37US) to: John Gyle Education Award Attention: The Secretary P.O. Box 4808, 712 Riverside Dr. Fredericton, New Brunswick, Canada E3B 5G4
Walman Optical Company Scholarship	• Optometry student in second or third year	$500 to $3,000	April 10, 2003 www.walman.com
Optometric Society of Greater Kansas City, Inc. American Optometric Association	• 2, 3, and 4th year optometry students • From greater Kansas City area	$500	April 15, 2003
The Dr. Seymour Galina Grant **(AOA)**	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2003 – to Student Affairs Office
AFVA – Michigan Affiliate	• Resident of MI • 3rd year • B Average • Plan to practice in MI	$1,000	May 1, 2003

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COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Spring Quarter Fitness Class Schedule
The spring quarter fitness class schedule will begin on Monday, February 24. All fitness levels are welcome!

Running Club
All entry forms for the ICO Running Club are due to Shelby Lalich by February 28. Please indicate your running level, running group preference, and t-shirt selections, if you are interested in purchasing one.



Massage Therapy
Do you want to start the new quarter relaxed and revived? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, February 27 and Thursday, March 13.

FREE Personal Training
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

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FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Intensity Matters

Exercise in any form-mild, moderate, or intense- is good for you and can help reduce the risk of heart disease and keep the heart healthy. However, when it comes to strengthening your bones, milder forms of exercise might not be enough.

In one study, 38 men and 46 women, ages 55 to 75 years, were recruited to help determine a link between physical activity and bone strength. All of the participants were generally healthy, but did not exercise on a regular basis. The study concluded that neither overall aerobic fitness nor mild physical activity had a significant effect on bone density. Greater muscle strength, on the other hand, was associated with stronger bones.



In conclusion, regular aerobic is a great way to improve the condition of your heart, but only vigorous, muscle-building exercise will help hold off the age-related decline in bone with aging.

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PRACTICE OPPORTUNITIES SYMPOSIUM

Friday, February 28, 2003
Lecture Center & Gym
1:30 P.M. to 5:00 P.M.

Don't miss this unique opportunity to look to the future and the opportunities it holds for you.

Panelists speaking on "Practice Transistions" including Buying a Practice, Selling a Practice, Leasing a Practice, Employment Agreements, Associate to Partner/Buying into a Practice, etc. Also representatives from ICO's Residency Program, Cole Vision, Wal-Mart, Sterling Vision, Shopko, America's Best, LensCrafters, US Vision, U.S. Army, U.S. Navy, AOA, IOA and more.....

For more information please see Lynn in Student Affairs

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Have you ever wanted to try
gas permeable contact lenses?
Ever wanted to fit them?

Envision Workshop

Sunday, March 16th

Two sessions

Morning (10-2)

Afternoon (1-5)

Contact Dr. Reeder

rreeder@ico.edu or x7297

Include whether you want to be a patient or a doctor and your session preference

Patient times 10:15-12:30 or 2:00-4:15

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FOCAL POINT

ICO Student Newsletter **February 28, 2003**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out March 14, 2003 and the deadline for submissions is March 12 at 5:00pm.

CAMPUS NEWS

Zeki Nur International Student Scholarship Award

A $500 scholarship will be awarded to two (2) international student essay winners enrolled at the Illinois College of Optometry.

Please submit an essay (no longer than one page) on a particular hardship you have endured and the motivating factors that have helped you through it. Essays should be submitted to the Student Affairs Office by April 1, 2003.

The Azman Scholarship Award

Dr. Irwin Azman, ICO alumnus ('77) and his brother Thomas, partners at the Azman Eye Care Specialists, a private practice in Maryland, have donated $4,000/year in support of a scholarship for a third year student. They have created The Azman Scholarship Award in Contact Lens Excellence/Private Practice to provide support for third year ICO students that have a goal of entering private practice with an interest in contact lens and/or contact lens research. It is their desire that these students will further explore and solidify their interest in these areas at this critical point in their optometric education.

The candidate shall demonstrate financial need and be a current third year student at ICO. They must have a 3.0 or higher grade point average at the time of application. They must demonstrate interest in pursuing private practice with emphasis in contact lens excellence and/or research and use their submitted three page paper as a starting point for a poster or published article in a professional journal.

The deadline for submission of papers to the Student Affairs Office is March 10, 2003.

Orientation 2003

Beth Karmis, Student Counseling & Enrichment Services

What are you doing August 12th through 14th? Do you have an interest in being involved in the Orientation 2003 program? I have work-study opportunities for either full or part-time throughout the summer and for the week of Orientation itself.

*****For "Experience Chicago" students, the position of "Orientation Planning Coordinator" is still available. *****

Other available opportunities include the following:

Master(s) of Ceremony

Do you (or you and a friend) love to be "front and center"? We've done different things with

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Orientation programming, but having an upperclassperson as the MC has been so favorably received, we'd like to continue it. It requires a comfort level with public presentations, a sense of humor (improv experience helpful), adaptability, and a handful of "this is what happened to me" stories. You'd have to be available for all 3 days of Orientation and for some time before Orientation week to get familiar with the schedule of events. We'd be open to considering a pair of MCs or even a team.

Orientation Team Member



This is a very general assignment. I'd like for you to be around at the break times each day, help with the distribution of surveys each morning, and help when we break for meals. You're role is to provide direction, answer questions and help solve any problems if they arise during the program. You'll be identified early on in the program so the students know who you are.

Session or Event Leaders

If you only have a day or even a few hours to spare during that last week before the fall quarter, being a session or event leader is an ideal opportunity. We do international student break-away sessions, commuting student jump start breakfasts, ethics/professionalism discussion sessions, clinic tours (***highly rated, very popular), the Who's Who Fair, the Experience Chicago Outings, and much more.

All you need to do if you are interested in being involved in Orientation 2003 is to let me know. My intention is to have a fairly solid plan in place by the end of May…so the sooner you can tell me about your interest the better!

Ideas, Suggestions, and Recommendations

If you have specific feedback you'd like to share in regard to your Orientation experience, either give me a call at ext. 7415 or come by my office in the Student Wellness area (3rd floor of main building directly above student affairs).

Spotlight on the Library



by Kathryn Johnston
Information Systems Librarian

Welcome back! We hope you enjoyed the break. To help you get ready for spring, we have a list of new books for you:

2003 tax & financial guide for college teachers and other college personnel: for filing 2002 tax returns, by Donald T. Williamson. KF6369.8.E3 W5 2003

Optics and vision, by Leno S. Pedrotti, Frank L. Pedrotti. QP475.P38 1998

Lecturing: a practical guide, by Sally Brown & Phil Race. LB2333.B725 2002

Macular Diseases: new developments, Jennifer I. Lim, guest editor. Ophthalmology clinics of North America; v. 15, no. 4
RE1.O7 v.15 no.3 Dec 2002

Colour blindness: causes and effects, by Donald McIntyre. RE921.M32 2002

Neuro-ophthalmology: color atlas & synopsis of clinical ophthalmology, by Peter J. Savino, Helen V. Danesh-Meyer. RE725.S28 2003

If you want to keep track of how the federal government might affect your practice and healthcare in general, check out the *Washington Highlights* newsletter. It is kept in a blue notebook on the second floor of the Library.

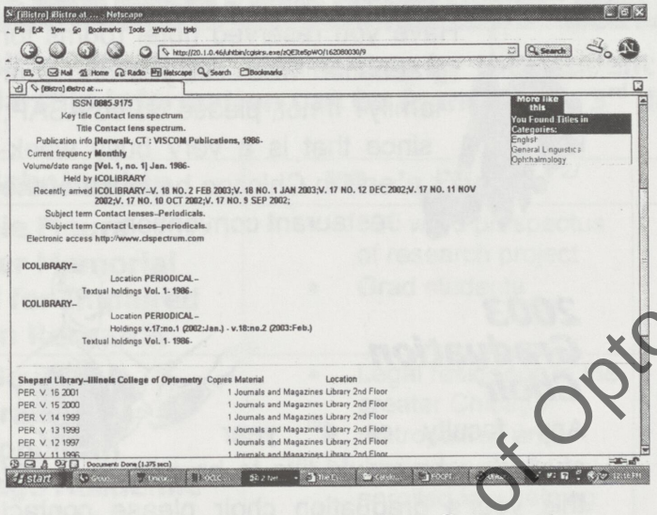
CLAO Journal has a new name! It now is called *Eye & Contact Lens*. The most recent issue will be on the display shelves and the

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rest will be on the second floor of the Library arranged under the letter, "E."

The Library's online catalog, iLink, tells you what issues of a magazine or journal have arrived recently in the Library and which volumes are bound.

1. From campus, go to the Library's homepage at http://icolibrary/library.htm or from off-campus, go to http://library.ico.edu.
2. Click on iLink.
3. Change the "Search for" box from "works or phrase" to "periodical title."
4. Change the lower box from "ALL" to "Shepard Library-Illinois College of Optometry." This will exclude article citations from Visioncite and only bring up actual items in the Library.



5. Type in the name of the journal or magazine in which you are interested.
6. If more than one appears, click on the one with the most "copies"—copies actually refers to bound volumes in this system.
7. Scroll down. The "Recently arrived" line lists those issues most recently arrived in the Library.
8. Further down the screen, the computer lists all the bound volumes in the Library.

Ask a librarian for more assistance if you cannot find the issue or bound volume that you need!

IIT shuttle bus

Pete Sander



IIT has asked that all of us bus riders need to turn in a ticket (voucher) even if the driver does not ask for it. While I appreciate the frustration of doing this when others are not required to show their identification, we risk losing the privilege and convenience of riding the bus. If the ICO riders do not cooperate, IIT could and most likely would, require that only IIT identification cards be honored for shuttle transportation.

Vouchers are available from the cashier at $10 per booklet.

Raffle Winners!

Congratulations go to Tristan Brown, Louis Lewis and Vu Nguyen on winning our Eye on Men's Health raffle prizes. The prizes included lunch carriers, ear muffs, coffee mug and a gym bag and gift certificates for seated massage. Thanks to everyone for their participation. We wish you a healthy Spring quarter here at ICO.

The Student Wellness Department

Beth Karmis, Shelby Lalich and Jeanne Dougherty

Congratulations

Congratulations to Sima Lal for being re-appointed National Liaison to APHA and Lindsay Luker for her appointment to the Student Programs Committee

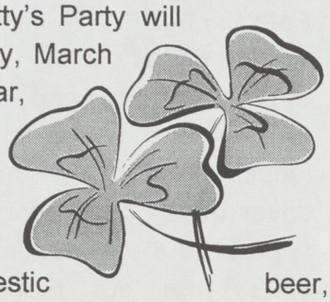
Housing in the RC for Summer/Fall 2003

We are currently trying to assess housing needs of current students in the Residential Complex for both summer and next academic year. If you are interested in residing in the RC in either the summer and/or next year, please add your name, room and roommate preferences to the sign up sheet in the Student Affairs Office by Fri, March 21.



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St. Patty's Day Party



The annual St. Patty's Party will be held on Saturday, March 15th at Slugger's Bar, 3540 N. Clark. Cost will be $23.00 per person which includes all you can drink domestic beer, wine, and soda from 8-12pm. So come support your fellow colleagues and don't forget to wear green! Tickets will be sold outside room 1200 from Thursday, March 6th until Thursday, March 13th. Additional tickets will be available at the door for the same price. Any questions contact Amy Birr, Box 131.

Board Student Affairs Committee Meeting

On Thursday, March 6 from 7:30 – 8:30 a.m. in the Library Conference Room, the Board Student Affairs Committee will be holding a meeting. All students are welcome to attend this meeting and offer their input. Please let Sharon Uher, in the Student Affairs Office, know if you plan to attend.

Private Practice Club Meeting

The Private Practice Club and Student Association have invited United States Representative John Boozman, O.D., Illinois Optometric Association President Steve Leon, O.D., and American Optometric Association's PAC Director Noel Brazil to their next meeting scheduled for Friday, March 14, 2003 beginning at 5:00 in Lecture Center 1200. They will be discussing optometric practice and its relationship at the Federal and State levels. Please save this date for this very informative meeting. More details will be in the next newsletter.

Attention Fourth Year Students

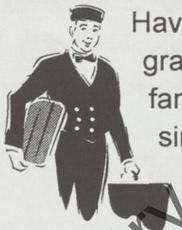


Commencement Activities

Mark your calendars for May 14th! We are planning our annual event the Commencement Capstone Program and we encourage all fourth year students to attend. The day will start with graduation rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All fourth year students are expected to attend the day's events.

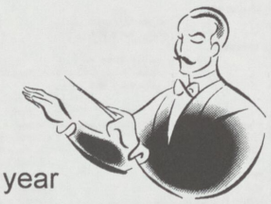
Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 17. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2003 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms



Have you reserved hotel rooms for graduation week for you and your family? If not, please do so ASAP, since that is a very busy week-end in Chicago because of the restaurant convention.

2003 Graduation Choir



Any faculty or 4th year students who would like to be part of this year's graduation choir please contact Jeff Frank, box 83 or Moe Eid , box 77 or email Jeff at jbf44@hotmail.com, or Moe at moeeid@yahoo.com at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Vending Machine Move

On a trial basis – because of low utilization, the vending machine that was located in the lounge next to the Bookstore has been moved to the gymnasium.

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CLASSIFIEDS

HISTOLOGY LAB TAs – Where are you??
Third & Fourth Year Students
Dr. Trachimowicz
TAs are still needed for Histology labs on the following days:
Thursdays 1-3pm and 3-5pm
Fridays 1-3pm and 3-5pm

Due to lecture schedules, if third years would like to TA 3:30-5pm on Thursday or Friday after classes that would still be very acceptable! So if you are willing and able to TA please contact me (x7180). Lab 1 begins the week of March 3-7.
Thanks for considering it!

HISTOLOGY TUTORS
Second, Third & Fourth Year Students,
Dr. Trachimowicz
Tutors are needed for the Histology course, so if interested please contact me (x7180) or Beth Karmis at your earliest convenience.
Thanks in advance for considering it!

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Minnie Flaura Turner Memorial Fund for Impaired Vision Research	• 500 word prospectus of research project • Grad students	$1,000.00	March 1, 2003
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	• Legal residence in the greater Chicago metropolitan area • Jewish students enrolled in a helping profession	$500,000 available funds	March 1st, 2003 Www.jvschicago.org
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office
Wal*Mart	• 2, 3, and 4th Years • Financial Need • GPA 3.0	$1,000	March 7, 2003 Letter of Intent to Student Affairs Office

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Azman Scholarship Award in Contact Lens Excellence/Private Practice	• 3rd Year student • Goal of entering private practice and interest in contact lens or contact lens research • Financial need • 3 page paper	$4,000	March 10, 2003 – Papers to Student Affairs Office
2002-2003 Secretary's Award for Innovations in Health Promotion and Disease Prevention US Dept. of Health and Human Services	• Health Professions Students • 2,500 words or less • Health promotion project on a special population group or a preventative risk-reduction effort for targeted community	$1,500 to $7,500	March 21, 2003 http://bhpr.hrsa.gov/interdisciplinary
Zeki Nur International Student Scholarship Award	• International Student in financial need • Essay on hardship you endured	$500 (2)	April 1, 2003 To Student Affairs Office
John Gyles Education Awards	• Student in Canada or United States • GPA 2.7	Up to $3,000	April 1, June 1, November 15, 2003 For application send self stamped envelope (.37US) to: John Gyle Education Award Attention: The Secretary P.O. Box 4808, 712 Riverside Dr. Fredericton, New Brunswick, Canada E3B 5G4
Walman Optical Company Scholarship	• Optometry student in second or third year	$500 to $3,000	April 10, 2003 www.walman.com
Optometric Society of Greater Kansas City, Inc. **American Optometric Association**	• 2, 3, and 4th year optometry students • From greater Kansas City area	$500	April 15, 2003
The Dr. Seymour Galina Grant **(AOA)**	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2003 – to Student Affairs Office
AFVA – Michigan Affiliate	• Resident of MI • 3rd year • B Average • Plan to practice in MI	$1,000	May 1, 2003

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COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – $1500 or more, depends on # of applicants.	June 15, 2003
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Polar Bear 2003

All log sheets and evaluations are due to Shelby by March 10. If you would like to receive a t-shirt, you must hand everything in by the due date.

Running Club

All entry forms for the ICO Running Club are due to Shelby by February 28. Please indicate your running level, running group preference, and t-shirt selections, if you are interested in purchasing one. The Running Club will begin on March 10.

Massage Therapy

Does this long, cold winter have you feeling sluggish? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

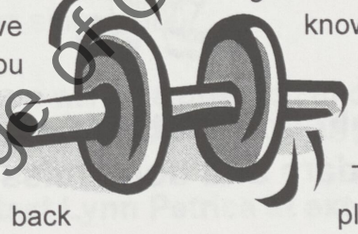
Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, March 13 and Thursday, March 27.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.



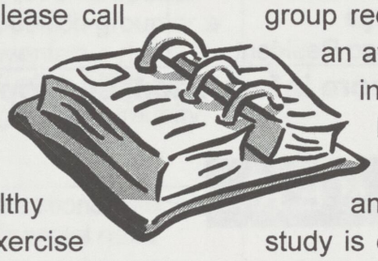
The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone

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number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

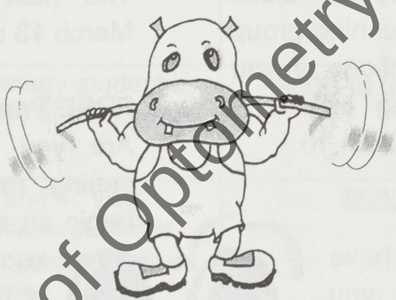


Eye on Wellness

It Only Takes Three Weeks

In just three weeks, healthy eating and daily moderate exercise can notably reduce a man's risk of heart disease. This is accomplished by lowering both blood pressure and cholesterol levels.

Researchers at UCLA placed obese men on a three-week healthy regimen consisting of a high-fiber, low fat diet and daily 45- to 60-minute walks on a treadmill. At the end of the three-week study, the men had not lost a significant amount of weight, but the men who previously had high blood pressure now had normal blood pressure, and the entire group reduced their cholesterol levels by an average of 19 percent. In addition, insulin levels and free radicals, both of which are linked to heart disease, dropped by 46 percent and 28 percent respectively. This study is one of the first to prove that in a short period of time, diet and exercise can drastically improve blood pressure and other factors associated with heart disease.



Heavy Weight Information Coming Your Way!
Mark your calendars and don't miss being HIPAA-tized

1st years – Tuesday, March 25th - room 1201
2nd, 3rd & 4th years – Friday, April 4th – room 1200-03

During this mandatory session, you will learn how to comply with the new federal regulations regarding the privacy of patient information.

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Private Practice Club and Student Association

"The Future of Health Care in America and How it Impacts Private Practice"

United States Congressman John Boozman, O.D. – Arkansas

&

American Optometric Association - PAC Director - Noel Brazil
Illinois Optometric Association – President, Steve Leon, O.D.

Friday March 14, 2003

Lecture Center 1200
5:00pm to 7:00pm
Free Admission

Please join students, faculty and staff to welcome three leaders of our profession to discuss the many facets of private practice and the impact of government on optometry.

Dr. Boozman practiced in Northwest Arkansas with his ophthalmologist brother Dr. Faye Boozman for over 20 years before being elected into Congress.

Ms. Brazil has worked in the AOA's Washington office for over 20 years and has astute insight on the workings of governmental policies affecting optometry.

Dr. Leon was elected President of the IOA last year. He also serves our country in the Illinois Air National Guard as a Lt. Colonel. He has been in private practice with his father, Dr. John Leon since 1980.

Following the discussion, there will be a question and answer session and refreshments will be served in the President's Circle Lounge.

For more information contact Lynn Petrica at ext.7403

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FOCAL POINT

ICO Student Newsletter **March 14, 2003**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out March 28, 2003 and the deadline for submissions is March 26 at 5:00pm.

CAMPUS NEWS

Spotlight on the Library

by Kathryn Johnston

Mark your calendar! The Library book sale will be held Monday, March 17, beginning at 9:00 am. Sale Prices: $1.00 per volume.



The Library often receives donations of books. If the books are duplicates of materials we already own, we make them available to members of the ICO community at the book sale. Some of the items in the book sale are general medical books that are no longer needed by the Library, since we have purchased newer editions. By the way, the Library tries to own a copy of every book or journal ever published having to do with vision, but only keeps newer material pertaining to other areas of medicine or knowledge.

New books keep marching into the Library: Beyond the clinic: survival skills for ophthalmologists (RE72.M667 2002) by Moseley and Murray is misnamed—many of its chapters pertain to optometrists as well. It covers topics such as preparing curriculum vitae and for job interviews, obtaining research funding, creating poster sessions, and writing journal articles.

Ophthalmology pearls (RE49.G38 2003) by Janice Gault, provides case studies with photographs, in which to practice diagnosis. It might prove useful for those studying for boards.

Speaking of boards, the following websites have been recommended as being extremely useful by alumni who are now practicing optometrists. The Digital Journal of Ophthalmology, at http://www.djo.harvard.edu/ and the Cases section of the American Academy of Ophthalmology at http://www.aao.org/ education/cases/ present case studies, color photographs, and questions and answers for practicing diagnostic skills.

Other new books include Anterior eye disease and therapeutics A-Z (RE334.B7 2003) by Bruce and Loughnan, useful articles by Doshi and Harvey in Optician reprinted as Investigative Techniques and Ocular Examination (RE 75.D67 2002), and The Eye in Primary Care (RE75.M34 2001) by Maclean.

You also can view newly added books to the collection by going to the Library website on campus at http://icolibrary/library.htm or from off campus at http://library.ico.edu. Next click on iLink, and then on the button for "MORE" in the right hand corner of the screen. Finally, click on "New Books" to see what has recently been obtained by the Library.

Happy St. Patrick's Day! See you in the Library!

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Hanson Scholarship for Fourth Years

A $500 dollar cash award will be awarded to the fourth year who completes a 750 maximum word paper regarding the following topic: *It has been said that you can get most everything you want in life, If you will just help enough other people get what they want in life*...explain what this means to you as it relates to you and your career in Optometry; use 2 or more examples.

This award is judged by Mark Hanson, ChFC, of Hanson Financial Services. Submit papers to the Student Affairs Office or Fax to Sharon Uher at 312-949-7680. Deadline for papers is March 17th at 4:00pm. Winner will be notified by campus mail.

Personal Safety – Be Well Informed

As the world changes dramatically around us each day, it is critical that we all stay aware of the unfolding situations. As we all learned on September 11, 2001, even an event 1000 miles away can have a deep and traumatic effect on us. By being well informed, we will be in the best position to keep ourselves and our fellow students, faculty and staff safe.



Our own on-duty Officers will notify us if and when something should occur in our city which may be considered an emergency. Our Security Staff are in constant contact with local officials in the unlikely event of a city evacuation. In an emergency, our ICO community will be notified via several modes: class announcements, bulletin boards, scrolling screen in the Presidents Circle Lounge, e-mail message, voice mail message and/or the ICO hotline: 1-312-949-7669 (SNOW).

Government Web Sites for personal awareness are available. www.dhs.gov has been established by U.S. Department of Homeland Security. We encourage everyone to be aware and informed.

Student Award Winners for 2002-2003

Congratulations to these students who received the following awards:
SA Officer of the Year – Andrea McCann
Class of 2006 Colleague of the Year – Tom Kline
Class of 2005 Colleague of the Year – Rosemary Gonzalez
Class of 2004 Colleague of the Year – Nathan Bonilla-Warford

Student Association Officer Elections:

Watch for information regarding the 2003-2004 Student Association officer positions to be distributed in all student mailboxes soon!! All students are encouraged to get involved in student leadership and apply for the available positions. Statements of interest will be due on March 24 and voting will be held during the first week of April.

Attention Third Years

Jeanne Dougherty, Institutional Health Officer

Don't forget TB testing is mandatory!

Get your TB test on Monday, March 17th and Tuesday, March 18 from 11:00am to 1:30pm each day in the gym

The readings of the tests will be on Wednesday and Thursday, March 19 and 20 same time and place.

Thanks for your cooperation in this matter. Any questions please call Jeanne Dougherty at 7229.

Orientation 2003

Beth Karmis, Student Counseling & Enrichment Services

What are you doing August 12th through 14th? I have work-study opportunities for Orientation 2003 either full or part-time throughout the summer and for the week of Orientation itself.

Other available opportunities include the following:

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Master(s) of Ceremony

We've done different things with Orientation programming, but having an upperclassperson as the MC has been so favorably received, we'd like to continue it. It requires a comfort level with public presentations, a sense of humor (improv experience helpful), adaptability, and a handful of "this is what happened to me" stories. You'd have to be available for all 3 days of Orientation and for some time before Orientation week to get familiar with the schedule of events. We'd be open to considering a pair of MCs or even a team.

Orientation Team Member



This is a very general assignment. I'd like for you to be around at the break times each day, help with the distribution of surveys each morning, and help when we break for meals. You're role is to provide direction, answer questions and help solve any problems if they arise during the program. You'll be identified early on in the program so the students know who you are.

Session or Event Leaders

If you only have a day or even a few hours to spare during that last week before the fall quarter, being a session or event leader is an ideal opportunity. We do international student break-away sessions, commuting student jump-start breakfasts, ethics/professionalism discussion sessions, clinic tours, the Who's Who Fair, the Experience Chicago Outings…and much more.

Suggestions

If you have specific feedback you'd like to share in regard to your Orientation experience, either give me a call at ext. 7415 or come by my office in the Student Wellness area (3rd floor of main building directly above student affairs).

St. Patty's Day Party



The annual St. Patty's Party will be held on Saturday, March 15th at Slugger's Bar, 3540 N. Clark. Cost will be $23.00 per person which includes all you can drink domestic beer, wine, and soda from 8-12pm. Additional tickets are available at the door. Any questions contact Amy Birr, Box 131.

Lodging for Commencement Week

Attention Fourth Year Students

Have you reserved hotel accommodations for your family and guests for Commencement? If not, the Class of 2003 has reserved blocks of rooms at the following hotels under the name of ICO:

Embassy Suites on North Columbus Drive - $209/double
312-836-5970 Reservation deadline - April 1

Best Western Inn - Burbank - $99/double
708-497-3000 Reservation deadline - April 15

Hampton Inn on Cicero Avenue - $85/double
708-354-5200 Reservation deadline - April 30

Ramada Inn on South Lake Shore Drive - $79/double
773-288-5800 Reservation deadline - April 15

Attention Fourth Year Students



Commencement Activities

Mark your calendars for May 14th! We are planning our annual event the Commencement Capstone Program and we encourage all fourth year students to attend. The day will start with graduation rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All fourth year students are expected to attend the day's events.

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Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 17. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2003 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Housing in the RC for Summer/Fall 2003

If you are interested in residing in the RC in either the summer and/or next year, please add your name, room and roommate preferences to the sign up sheet in the Student Affairs Office by Fri, March 21.

CLASSIFIEDS

The work-study position for Dr Gross' course (CLE 264.2) has been filled. I would like to thank everyone in the ICO student community for their prompt responses to the classified ad. I will be looking for help with some other projects soon.
Dr Gross

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office *** Deadline extended to March 21, due to no submissions.**
Hanson Financial Services Scholarship – 2003	• Fourth Year ICO Students • Paper with 2 examples	$500	March 17 to Student Affairs Office
2002-2003 Secretary's Award for Innovations in Health Promotion and Disease Prevention US Dept. of Health and Human Services	• Health Professions Students • 2,500 words or less • Health promotion project on a special population group or a preventative risk-reduction effort for targeted community	$1,500 to $7,500	March 21, 2003 http://bhpr.hrsa.gov/interdisciplinary

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Zeki Nur International Student Scholarship Award	• International Student in financial need • Essay on hardship you endured	$500 (2)	April 1, 2003 To Student Affairs Office
John Gyles Education Awards	• Student in Canada or United States • GPA 2.7	Up to $3,000	April 1, June 1, November 15, 2003 For application send self stamped envelope (.37US) to: John Gyle Education Award Attention: The Secretary P.O. Box 4808, 712 Riverside Dr. Fredericton, New Brunswick, Canada E3B 5G4
Walman Optical Company Scholarship	• Optometry student in second or third year	$500 to $3,000	April 10, 2003 www.walman.com
Optometric Society of Greater Kansas City, Inc. American Optometric Association	• 2, 3, and 4th year optometry students • From greater Kansas City area	$500	April 15, 2003
The Dr. Seymour Galina Grant **(AOA)**	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2003 – to Student Affairs Office
Dr. Monty Friedow Memorial Scholarship **South Dakota Affiliate American Foundation for Vision Awareness**	• Third or fourth year student • Upper half of class • South Dakota students	$1,000	April 25th, 2003 Look in AFVA – South Dakota in Scholarship drawer in Student Affairs for more details
AFVA – Michigan Affiliate	• Resident of MI • 3rd year • B Average • Plan to practice in MI	$1,000	May 1, 2003
COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – $1500 or more, depends on # of applicants.	June 15, 2003

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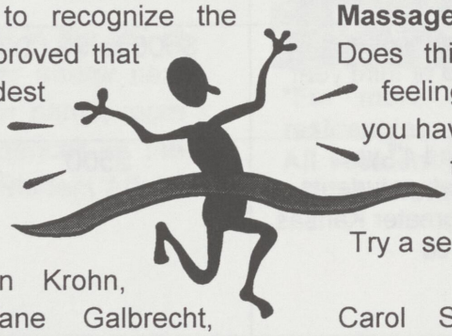
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Polar Bear 2003

Congratulations to the official 2003 Polar Bears! I would like to recognize the following people who proved that even the coldest temperatures could not stop them:



Allie Wiedemann, Brian Herman, Karen Krohn, Tina Kevorkian, Diane Galbrecht, Adriena Clemenson, Letitia Patterson, Danielle Warren, Janis Winters, Tricia Newman, Sabah Akbar, Doug Kirar, Alison Hood, Janis Scharre, Mary Rutherford, Calvilena Thurman, Daisy Varkalis, Gary Lesher, Lynn Lesher, Erik Bachmeier, Amy Bachmeier, Carol Lee, Deanna Polakowski, Kristie Kudlac, Amy Stack, Ferine Ali, Jessica Tran, Ryan Paruch, Nate Bonilla-Warford

Upcoming Area Runs

Spring is here, and with it comes many great outdoor running events. Check out the following upcoming Chicago area races:

St. Paddy's Day 5k Run/Walk and Leprechaun Leap (kid's dashes)
Sunday, March 16 at 10:00 am
Diversy Harbor
Register between 8:30 and 9:30 am at Cannon and Lake Shore Drive West.
Cost is $25 and includes a t-shirt, goody bag and post race celebration.

Lasalle Bank Shamrock Shuffle
Sunday, March 23 at 9:45 am

Visit www.shamrockshuffle.com for more information.

Massage Therapy

Does this long, cold winter have you feeling sluggish? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, March 27 and Thursday, April 10.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students,

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staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

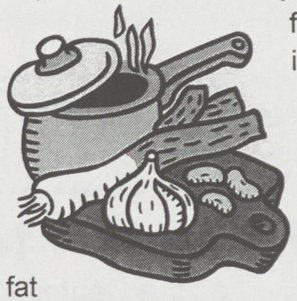
FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Raw vs. Cooked Vegetables

We realize that vegetables are good for us, but does it matter if they are cooked or served raw? Up until recently, it was thought that cooking vegetables would decrease their nutritional value. However, science is now indicating that carotenoids, powerful antioxidants present in red, orange and yellow vegetables and fruit, are better absorbed from many cooked foods. Lycopne, a photochemical that fights cancer, is more present in tomato products that have been heated, such as stewed tomatoes, pasta sauce and ketchup. High levels of beta-carotene are found in carrots after they have been cooked, and corn's antioxidant activity is increased the longer it cooks. However, folate and vitamin C can decrease with cooking.



Either way you choose to prepare your vegetables, strive to include more plant-based food in your diet. Research has shown that cooked or raw, eating vegetables can help fight cancer and other chronic diseases.



Heavy Weight Information Coming Your Way!
Mark your calendars and don't miss being HIPAA-tized

1st years – Tuesday, March 25th - room 1201
2nd, 3rd & 4th years – Friday, April 4th – room 1200-03

During this mandatory session, you will learn how to comply with the new federal regulations regarding the privacy of patient information.

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Private Practice Club and Student Association

"The Future of Health Care in America and How it Impacts Private Practice"

United States Congressman John Boozman, O.D. – Arkansas

&

American Optometric Association - PAC Director - Noel Brazil
Illinois Optometric Association – President, Steve Leon, O.D.

Friday March 14, 2003

Lecture Center 1200
5:00pm to 7:00pm
Free Admission

Please join students, faculty and staff to welcome three leaders of our profession to discuss the many facets of private practice and the impact of government on optometry.

Dr. Boozman practiced in Northwest Arkansas with his ophthalmologist brother Dr. Faye Boozman for over 20 years before being elected into Congress.

Ms. Brazil has worked in the AOA's Washington office for over 20 years and has astute insight on the workings of governmental policies affecting optometry.

Dr. Leon was elected President of the IOA last year. He also serves our country in the Illinois Air National Guard as a Lt. Colonel. He has been in private practice with his father, Dr. John Leon since 1980.

Following the discussion, there will be a question and answer session and refreshments will be served in the President's Circle Lounge.

For more information contact Lynn Petrica at ext.7403

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SPRING QUARTER 2003
EXAM
SCHEDULE

Date: 3/14/03

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM IN ROOM 1200-1203 UNLESS OTHERWISE INDICATED			
DATE	**FIRST YEAR**	**SECOND YEAR**	**THIRD YEAR**
12-Mar W	BHS-106 Histology **Room 1200-1203**		
14-Mar F	CLE-162.3Optometry **Room 1200-1203**	BHS-256 Ocular Pharm **Room 1201-1202**	
18-Mar T	BHS-111 Neuroanatomy **Room 1200-1203**		
19-Mar W		BHS-263.2 Ocular Disease **Room 1200-1203**	
20-Mar TH			CLE 376.2 Strabismus & Amblyopia **Room 1200-1203**
21-Mar F	BHS-140.2 Sensory **Room 1200-1203**	BHS-261 Physical Diagnosis **Room 1201-1202**	
25-Mar T		CLE-262.4 Binocular Anomalies **Room 1200-1203**	
26-Mar W	CLE-170 Physiological Optics **Room 1201-1202**		BHS 364 Nuero-Ophthalmic Disorders **Room 1200-1203**
27-Mar TH		CLE-264 Communications **Room 1200-1203**	
1-Apr T		BHS-256 Ocular Pharm **Room 1200-1203**	
2-Apr W	BHS-106 Histology **Room 1200-1203**		
3-Apr TH		BHS-255 Immunology **12 Noon to 2:00 PM Room 1200-1203**	
7-Apr M	BHS-111 Neuroanatomy **Room 1200-1203**		
8-Apr T		BHS-222 Theo/Phys Optics **Room 1200-1203**	
11-Apr F		BHS-263.2 Ocular Disease **Room 1200-1203**	
14-Apr M		BHS-256 Ocular Pharm **Room 1200-1203**	
15-Apr T	CLE-162.3 Optometry **Room 1200-1203**		
17-Apr TH	CLE-170 Physiological Optics **Room 1200-1203**	CLE-262.4 Binocular Anomalies **Room 1201-1202**	
23-Apr W	BHS-140.2 Sensory **Room 1200-1203**		
24-Apr TH			CLE 376.2 Strabismus & Amblyopia **Room 1200-1203**
25-Apr F	BHS-106 Histology **Room 1200-1203**	BHS-261 Physical Diagnosis **Room 1201-1202**	
29-Apr T	BHS-111 Neuroanatomy **Room 1200-1203**		
30-Apr W		BHS-222 Theo/Phys Optics **Room 1201-1202**	BHS 364 Nuero-Ophthalmic Disorders **Room 1200-1203**

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FOCAL POINT

ICO Student Newsletter **March 28, 2003**

Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out April 11, 2003 and the deadline for submissions is April 9at 5:00pm.

CAMPUS NEWS

Dean's List

The following full-time students achieved superior academic performance during the Winter, 2002 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:



Abbate, Gregg A. Y4
Aguilar, Christine M. Y4
Aitken, Terryl L. Y4
Al-Bekai, Monzer Y2
Anderson, Valerie R. Y2
Ansari, Huma Y1
Arciaga, Toshiya Y4
Arrants, Alison A. Y4
Asano, Kaori Y1
Babayeva, Karina Y3
Bachmeier, Erik S. Y4
Bajaj, Neil K. Y3
Baker, Joshua C. Y2
Balko-Rivera, Erin M. Y3
Bejgiert, Loretta M. Y1
Bonilla-Warford, Nathan J. Y3
Brahm, Karen D. Y4
Bui, Wendy U. Y1
Burkhardt, Jacqueline A. Y3
Cannon, Kristin K. Y2
Carlson, Tammi L. Y1
Carter, Colby L. Y4
Caruso, Britney M. Y3
Chan, Ceida P. Y3
Chang, Chi C. Y4
Charo, Kathleen T. Y1
Chepulis, Scott P. Y4
Chiu, Vicky Y4
Chu, Angela Y2
Coates, Stephanie R. Y3
Colander, Brian M. Y2
Collins, Karen M. Y3
Coscione, Luciana M. Y1
Cottle, John L. Y3
Coward, David J. Y3
Crouch, Nathan A. Y3
Crown, Jennifer R. Y1
Crumbliss, Casey J. Y4
Davids, Jill S. Y3
DeGroot, Matthew R. Y4
Demers, Michael S. Y3
Dixit, Unnati S. Y4
Draper, Megan M. Y1
Eid, Mohamed Y4
Eisner, Mallary D. Y4
Elam, Jennifer L. Y4
Elston, Phillip R. Y2
Erickson, Kendra D. Y2
Ertman, Eugene P. Y4
Feldman, Kristie A. Y1
Frank, Jeffrey B. Y4
Franzeen, Lexie L. Y1
Frederick, Laura Y3
Fredrickson, Sara A. Y3
Frisbie, Laura M. Y2
Gabbard, Beth R. Y3
Gangji, Hussein S. Y4

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Ganz, Liad Y4
Garvey, Katherine A. Y3
Genuario, Kristy Y4
Gonzalez, Rosemary A. Y2
Gooding, Cheryl L. Y1
Grandinetti, Melissa M. Y4
Gregg, Sarah J. Y1
Grostick, Darcy L. Y1
Guzik, Lauren B. Y1
Hagerman, Kara Y4
Harthan, Jennifer S. Y1
Hartman, Chad A. Y1
Hasan, Toseef Y4
Hawley, Jason L. Y1
Healy, Beth N. Y4
Hedquist, Christopher A. Y4
Herbolsheimer, John R. Y3
Hill, Laura Y4
Ho, Serena D. Y3
Holser, Patrick G. Y3
Hood, Alison L. Y4
Horvath, Andrew V. Y3
Hume, Ben R. Y1
Hunter, Lyndsay J. Y2
Hussain, Kamran Y4
Hwang, Grace J. Y1
Hy, Kien L. Y4
Jensen, Nathaniel P. Y1
Johar, Navpreet Y1
Kaniaris, Margarita G. Y2
Kapadia, Prashant D. Y4
Karmali, Ruhina Y4
Kart, Alisa Y1
Kasmer, Kathleen M. Y3
Kastl, Jarod S. Y4
Kays, Ryan H. Y1
Ketteler, Adam J. Y3
Kevorkian, Tina L. Y4
Khanna, Garima Y1
Kim, Michelle H. Y3
Kingus, Robert T. Y1
Kinlund, Laura C. Y4
Kirlin, Kevin J. Y4
Klemens, Adam B. Y2
Kubicki, Leon F. Y2
Kumar, Vikas Y1
LaBrosse, Deana R. Y2
Lagina, Amy L. Y3
Lal, Sima Y3
Lam, Leonard C. Y2
Lawless, Sean J. Y4
Le, Trang D. Y3
Lee, Carol H. Y3
Lee, Joo W. Y1
Lee, So Yeon Y1
Lee, Susana M. Y4
Lewis, Luis Y2
Lopykinski, Michael J. Y3
Luker, Lindsay A. Y2
Makela, Andrew D. Y3
Marlowe, Megan G. Y2
Mathes, Marcie J. Y2
Maze, David A. Y4
McCann, Andrea L. Y3
McGuire, Jenessa A. Y1
McLeod, Heather M. Y1
Mercado, Kevin J. Y3
Merlino, Brian J. Y3
Miesner, Nicole R. Y3
Miller, Ryan G. Y3
Mistry, Kamini D. Y1
Morrissey, Colleen M. Y1
Mulder, Kathryn L. Y3
Myalil, Shinu P. Y2
Nakhlis, Vlada Y3
Nardulli, Treacy M. Y1
Ng, Lisa W. Y4
Nguyen, Dung N. Y4
Nguyen, Mai N. Y3
Nobles, Zachary S. Y4
Norell, Eric R. Y3
Okabe, Michelle M. Y3
Okamura, Jaime R. K. Y3
Patel, Mona B. Y3
Paul, Jami L. Y3
Pedarsani, Nasim Y4
Perez, Patricia Y4
Perzy, F. Todd Y4
Peterman, Jesse N. Y2
Pham, Vicki T. Y3
Pilon, Andrew F. Y4
Pozza, Kimberly A. Y1
Prajapati, Hiten P. Y4
Radliff, Jerome C.,III Y1
Raguindin, Liezl N. Y1
Rayman, Daniel K. Y4
Reinhold, Sheila A. Y4
Reyna, Inez M. Y4

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Rhinehart, Kirstin P. Y4
Rieman, Megan J. Y1
Rodgers, Jenna A. Y3
Rottinghaus, Charles A. Y2
Ruda, Ann M. Y4
Russell, Christie J. Y3
Sabet, Layla Y4
Saeed, Faheemah A. Y2
Salmon, Elizabeth A. Y1
Samo, Zuhair K. Y4
Sanders, Elizabeth A. Y1
Santos, Karen T. Y3
Schmidt, Robb W. Y4
Schulte, Justin M. Y4
Sheladia, Ketan K. Y3
Shleyfer, Larisa Y2
Shmorgun, Julia E. Y4
Sivertson, Courtney R. Y1
Sollom, Joel D. Y1
Son, Jina J. Y4
Stack, Amy M. Y3
Stalboerger, Gina Y3
Steele, Michael P. Y4
Steinmetz, Robert J. Y4
Swanson, Rhonda K. Y4
Switak, Jennifer R. Y3
Szafranski, Alison F. Y1
Szypczak, Robert M. Y3
Taubert, Kristel R. Y3
Templeman, Carrah D. Y2
Thiele, Scott L. Y4
Tran, Hanh T. Y1
Trang, Binh L. Y3
Troychanskaya, Alla Y3
Tsang, Timothy H. Y1
Tung, Lisa Y4
Tung, Sherman G. Y1
Twenhafel, Stacy A. Y3
Unger, Scott A. Y3
Van Haaften, Kelly N. Y3
Veth, Mark E. Y4
Vetter, Brooke L. Y4
Vincelli, Nicholas C. Y2
Waldorf, Julie M. Y4
Wang, Rick C. Y4
Warren, Danielle F. Y3
Webb, Paul B. Y1
Weibert, Julie M. Y2
Weinstein, Elena M. Y4
Wiese, Maureen J. Y4
Williams, Benjamin E. Y4
Wilson, Lisa L. Y2
Wilson, Ryan J. Y4
Wilson, Timothy N. Y1
Wong, Crystal S. Y3
Yamane, Jon H. Y4
Yang, Heewon Y3
Youlden, Eric J Y4
Young, Lisa M. Y2
Youngwirth, Brandy Y2

Faculty Updates

Dr. Maino

ICO in the AOANews!



The Feb. 24th issue of the AOANews featured a picture of ICO alumni and Dr. Augsburger (ICO's President) who had a reunion on Capitol Hill. Drs. Alan Hein, Arol Augsburger, John Boozman (Congressman) and Vince Brandys are in the photograph.

Three New AAO Fellows

American Academy of Optometry Fellowship was successfully obtained by three ICO faculty. Drs. Tina Brandonisio, Geoffrey Goodfellow, and Janice McMahon all became new Fellows within the Academy this past December. Dr. Dominick Maino, who serves on the AAO Admissions Committee noted that, "All three of our faculty made me proud to be associated with the Illinois College of Optometry. Drs. Brandoniso, Goodfellow, and McMahon conducted themselves in an exemplary manner during the whole admissions process." Did you know that 75% of all ICO faculty are Fellows in the Academy?

Dr. Dominick Maino, Scholar in Residence

Dr. Dominick Maino will be the Behavioral Scholar in Residence at the New England College of Optometry for a week this March. He'll lectured on the diagnosis and treatment of special populations, vision therapy, and infant development. He will also be the keynote speaker during a panel discussion

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featuring some of Boston's top health care professionals and will present a 4-hour CE program as well.

$25,000 Grant Awarded

Drs. Janice Scharre and Valerie Kattouf received a $25,000 grant from VSP for a Pediatric Outreach Program. They will examine 800 children ages 0-4 at Early Intervention Agencies throughout the Chicago-land area.

Faculty Activities

As part of the AOA's Children's Vision for the Primary Care Optometrist lecture series, Dr. Kelly Frantz presented, "Examination of the Preschool Child in the Primary Care Practice" at the Annual Congress of the West Virginia Optometric Association in November. At the December Annual Meeting of the American Academy of Optometry (Ellerbrock CE Program), she presented the course "Prescribing Prism for Binocular Vision Disorders." and as of the December 2002 AAO meeting, she is now the Section Vice-chair of the Binocular Vision, Perception, and Pediatric Optometry Section.

New Faculty AOA Liaison

Dr. Geoffrey Goodfellow has been named as the new AOA ICO Faculty representative. Congratulations Geoff!!

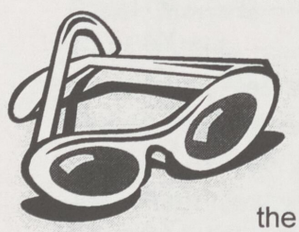
Dr. Elyse L. Chaglasian presented the poster, "Choroidal Neovascular Membrane Development in a Highly Myopic Eye after Laser-Assisted in situ Keratomileusis" and a paper: "Preparedness for Reporting Visually Devastating Eye Diseases by Students in a Professional Optometric Degree Program" at the recent AAO meeting.

As part of a distinguished group of presenters, Dr. Dominick Maino gave the lecture, "The Array Multifocal IOL:Personal Perspectives" at a recent JOA CE Program, held at the Hyatt Regency O'Hare Hotel, Rosemont, IL. He also spoke on Special Populations to the Psychiatry Residents at the University of Chicago Medical Center, The Pritzker School of Medicine. Dr. Maino also serves on the AAO Admissions Committee, the AOA Poster Committee and the AOA Leadership Training Group.

Dr. Christine Allison lectured at the AAO for two hours on "The Pediatric Exam and Topical Pharmaceutical Use".

Dr. Derrald Taylor attended the Lions 1-B district meeting in Momence, IL. as the Sightfirst Chairperson for the district. He is also presenting a poster regarding teen driving and low vision at the annual Illinois Association for Education and Rehabilitation of Blind and Visually Impaired at the Holiday Inn in Naperville on Feb. 28, 2003, and chaired a breakout session. He will be conducting the Illinois Lions Foundation Pediatric Low Vision clinic at the Illinois School for Visually Impaired in Jacksonville, IL. on April 7 - 9, 2003. This starts his 27th year of service at the school. Dr. Taylor is also in charge of case report reviews for the Low Vision Diplomate program of the American Academy of Optometry.

Dr. Renee Reeder presented a one hour course on dry eye, which was sponsored by Alcon to The Northside optometric society in January. She also co-authored a poster with Drs. Boyce, Sears, and Hodur: "Developing and meeting entry to practice criteria for a contact lens rotation" at the AAO. Dr. Reeder presented a punctal plug workshop to ICO's students. This was the first event of it's kind and was generously sponsored by Alcon who provided our guest speaker, Dr. Art Medina, and free plugs to our patients. In December the IEI Cornea Center hosted the RGPLI workshop with guests Craig Norman, Drs. Ed Bennett, Bob Grohe, and Bob Reid. All of our IEI doctors are now certified to fit CRT (paragon's orthokeratology design) and



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finally the CL Service is preparing to launch the Purevision Postmarket Surveillance Study.

Dr. Dan Roberts has been VERY busy giving many presentations including: Rayman DK, Roberts DK, Ho LA. Retrospective study of risk factors related to age at diagnosis of ocular hypertension and primary open-angle glaucoma in adult African-Americans. Optom Vis Sci 2002;79:S14. Scientific Paper, Am Acad Optom Annual Meeting, San Diego, CA, December 2002. (The AAO Communication Committee selected this abstract/paper presentation as a "most news worthy" report and the authors were invited for a highlight presentation at the AAO Annual Meeting Professional Press Conference, Dec 13, 2002. The abstract was also featured in Primary Care Optometry News, Vol 8(2), Feb 2003 as well as in the American Optometric Association News, Vol 41(13), Jan 13, 2003.) Other published abstracts by Dr. Roberts were Chaglasian EL, Hafner J, Ellwein R, Roberts DK. Preparedness for reporting visually devastating eye diseases by students in a professional optometric degree program. Optom Vis Sci 2002;79:S298. Scientific Paper, Am Acad Optom Annual Meeting, San Diego, CA, December 2002. and Gafour E, Roberts DK. Ocular complication of "threading," an ancient hair removal technique emerging in the west. Optom Vis Sci 2002;79:S82. Scientific Poster, Am Acad Optom Annual Meeting, San Diego, CA, December 2002. Dr. Roberts also presented, "Pigment dispersion in Blacks: Fact or Fiction? Emerging ideas, observations, and refinements in detection and diagnosis" at the Inaugural Meeting of the Optometric Glaucoma Society, San Diego, CA, December 11, 2002. Our congratulations to Dr. Roberts for a most productive year as an ICO faculty member!!!

Dr. Stephanie Messner gave a presentation at The Contemporary Club of Chicago entitled "Your Eyes Through the Ages: The Middle Years and Beyond".

Dr. Val Kattouf lectured at both the Michigan Optometric Association and SECO.

American Academy of Optometry presentations include:

Dr. Sandy Block lectured on the "Barriers to eye care after referral from an adult vision screening". Dr. Bill Brown presented "Troubleshooting progressive addition lenses". Dr. Dan Roberts, "A Matched Study Of Intraocular Dimensions In African-American Women With Pigmented Striae Of The Anterior Lens Capsule." Dr. Sanford Gross, "Evaluation Of No-Shows In An Optometric Education Clinic". Dr. Tina Brandoniso, "Auricular Tenderness As A Discriminating Symptom In The Investigation Of Ocular Inflammation - A Case Report Of Relapsing Polychondritis". Dr. Tricia Newman, "Progressive Polyneuropathy Secondary To Intracavernous Schwannoma". Dr. Janice McMahon, "EVIDENCE OF Glaucomatous Changes In Patient With Breast Cancer Metastatic To The Eye". Additional information can be found on the Academy's website (http://www.aaopt.org). Drs. Shmaila Tahir and Geri Nyboe presented the poster, " Adult Macular Vitelliform Dystrophy: A Case Report." Drs. Shmaila Tahir, Dennis Ireland, and Christine Bartimus also presented, " Adult Onset Diplopia: Primary Divergence Insufficiency." ICO faculty during the December 2002 Academy meeting gave more than 36 presentations in all!

AAO Illinois College of Optometry Student Travel Fellowships Sponsored by the Illinois Chapter of the Academy and the Illinois College of Optometry Dean's Office included: Robert Steinmetz, Jeffery Frank, Cory Fields, Inez Reyna, Jill Novotny, Kristel Taubert, Michael Sculley, Lisa Ng, and Melissa Russell.



Faculty Publications

Goodfellow G, Maino D. ASCOTECH: Cutting edge therapy for

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binocular vision anomalies. Optom Ed 2003;28(3):29.

Maino D. Consulting with schools. J Optom Vis Dev 2002;33:191.

Messner L. Review of systems, Part II MS and the eye: Know the warning signs. Rev Optom 2003;140(2): 69-76.

Allison C. "Visual Form Constancy- A Genetic Deficit?" in the Fall 2002 Journal of Optometric Visual Development.

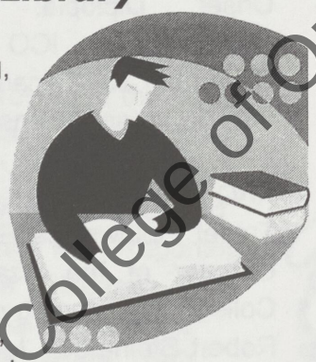
Kattouf, V. Amblyopia:Treatment and Diagnosis in the Jan 2003 Contemporary Optometry issue .

Roberts DK, Lo PS, Ecklund Winters J, Castells D, Clark Alexander C, Teitelbaum B. Prevalence of pigmented lens striae, a potential indicator for age-related pigment dispersion and pigmentary glaucoma. Optom and Vis Sci 2002;79:681-7.

Chan EC, Roberts DK, Loconte DD, Wernick MN. Digital camera system to perform infrared photography of iris transillumination. J Glaucoma 2002;11:426-7.

Spotlight on the Library

by Kathryn Johnston



One of the most exciting, mind expanding, and soul gratifying events of the year takes place in April—yes! National Library Week is celebrated from April 6-12! To add to the joy, April 11 is Medical Information Day!

"Savvy students know the best source of information isn't always Google. The ultimate search engine is @ your library: It's your librarian. This is National Library Week, a great time to meet your librarians and find out how they can help you research smarter." [A message from The Campaign for America's Libraries and the Illinois College of Optometry Carl Shepard Library].

"We hope 4-11, Medical Information Day will encourage everyone to get to know their local medical librarian, because quality information is essential for good health," said Medical Library Association President Linda A. Watson, AHIP. "Many of us, even within the health care community, do not take advantage of medical librarians' extensive medical knowledgebase and training in finding and quickly disseminating information. Best of all, these expert services are usually free."

The Library website at http://icolibrary/library.htm or from off campus at http://library.ico.edu lists the names and emails of the librarians and staff at your Library. Gerald Dujsik, the Library Director, manages and supervises the Library, its people, budget, and decides what materials to order. He also serves as the Library webmaster and fixes many computer and electronics problems, both in the Library and around the campus.

Sandra Engram, Public Services Librarian, answers reference and research questions. She also handles all the requests for interlibrary loan books or articles—both those requested by our community, and from other libraries to us. The Illinois College of Optometry Library community borrows roughly 50 articles or books a month, but due to our unique collection, we loan about 200 interlibrary loan items monthly! Our Library serves as a resource worldwide for vision research.

Laurie Curtis, Serials Librarian, is also is a highly trained nurse as well as a librarian. Ms. Curtis indexes all the articles that are placed in our article database, Visioncite. She decides which articles should be entered into VisionCite, and which subject terms best describe the articles' contents. Ms. Curtis

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works evenings and Sundays, and is available to help with research questions. Ms. Curtis also assists the school nurse with vaccinations and other health procedures, as needed.

Johnetta Coleman has worked at the Library for more than 30 years! She checks out materials at the both the first floor and second floor circulation desks, and types article entries into VisionCite. Mrs. Coleman serves as the institutional memory of the Library and can recall when the Library used to be one big room where Low Vision is housed now.

Irma Chavez runs the Media area on the second floor. In addition to circulating the slides and video tapes, she checks out to the faculty the audiovisual equipment they need, and helps set up the electronics in the lecture halls. Mrs. Chavez also enters articles into VisionCite as well.

Correne Biela has been with the Illinois College of Optometry for 28 years. She worked 23 years at the Registrar's office, before coming to work at the Library. Ms. Biela manages the circulation desk on the first floor, preparing the items for reserve, and checking in the magazine and journal issues. She also types VisionCite article information into the database. Ms. Biela is a licensed notary public as well, and often witnesses documents for other employees or for students.

Kathryn Johnston is the newest librarian at ICO. In addition to writing articles for the Focal Point, she serves as the Information Systems Librarian—ordering and cataloging books and other library materials, maintaining and upgrading the Library's computer system, and assisting students and faculty with their research.

So celebrate with us this important week, and we hope to see you in the Library!

Resilience in a time of war...

ICO is sort of a "safe haven". With the exception of the flag displayed by the IEI patient parking lot and a resurgence of US flag lapel pins, life here at ICO seems to be "business as usual". We continue to care for our patients, engage in academic and clinical activities, take exams, and indeed conduct *business as usual*. We are professionals, and that's what professionals do.

I ask you to consider that the war in Iraq, although 6,000 miles away, can have a very real impact on us. There is an uncertainty about the war and the events of September 11th, 2001 forever changed most of our feelings about being safe in the United States. It is not uncommon for people to feel more afraid or vulnerable.

No two people respond the same way in a time of war. There is a broad spectrum of responses to stress. People who have past experiences with war or conflict may unexpectedly recall the distress experienced earlier in their lives. Experiences of personal loss may also sensitize people to the potential losses incurred during war time. At the other end of the spectrum, people may have a general sense of malaise or fatigue. They may find themselves acting or feeling out of sorts – having difficulty sleeping or eating normally, trouble with concentration, getting angry or crying more easily than usual.

We all have a capacity to cope with challenges in life, but those coping strategies can be pushed to their limits in times of high stress. Fortunately our capacity to cope or our resilience is not a static "thing" and it can be strengthened. The American Psychological Association cites 10 Tips for Resilience.

1. Make connections – Keeping in regular contact with family and friends helps to strengthen resilience. Involvement with a faith community is another way to feel connected.
2. Help yourself by helping others – Seek out something meaningful to you – and do

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it! (Give blood, volunteer, write a note of support www.OperationDearAbby.net)

3. Maintain a daily routine – While it's important for all of us, children especially benefit from keeping a routine.
4. Take care of yourself – Making time to eat, sleep, exercise and enjoy other activities is essential during times of elevated stress.
5. Limit your exposure to war-media. With minute by minute live coverage it is easy to be swept into the information frenzy. Although it's important to be informed, too much war related news adds to anxiety. Consider limiting your time and avoiding it all together right before bed. Give yourself the opportunity to wind down.
6. Have a plan – Having an emergency plan in place can give help you feel a bit more in control. Talk to your friends and family about how to respond and connect in the event of a crisis.
7. Prepare a security kit – Pull together an emergency kit and include comfort things as well (i.e. favorite book, photos, and a journal). Be sure you have the phone numbers of family and friends readily available. (The Red Cross' web-site – www.RedCross.org has good information about developing a plan and preparing a security kit.)
8. See yourself in a positive view – Be mindful of the ways you've handled stress in the past and the skills you've implemented previously. Trust your ability to solve problems and make sound decisions.
9. Keep things in perspective – Its important to remember the big picture and focus on the future. Wars end and circumstances can improve. Generations before us have persevered through war and have gone on to better times.
10. Maintain a hopeful outlook – Especially in times of stress it is paramount to consider the good things in life. Optimism can be a powerful force in the most tragic of situations. Take time to identify and appreciate the good things in life.

As each person's experience in times of war is different, so are our methods of strengthening our resilience. What works for some people may not work for others. If you are feeling overwhelmed, please consider talking to someone who can help. If you are a student, feel free to contact me (Beth Karmis, 312/949-7415). If you are an ICO/IEI employee, consider contacting LifeWorks (www.LifeWorks.com or 877-234-5151). ICO/IEI employees may contact the Office of Human Resources with any questions about LifeWorks.

NBEO Part 1 Exam Preparation

On **Wednesday, April 2, 2003**, Leon Gross, PhD, Director of Psychometrics and Research of the National Board of Examiners in Optometry, will be presenting a workshop for second year students preparing for the Basic Science (part 1) portion of the NBEO. The goals of the presentation are to answer all questions (consistent with security issues), demytholize the exam, and show students how they could study by using items independent of the National Board. This will involve doing group item writing, and showing how students themselves could write items of National Board quality and utility. Furthermore, by doing this themselves, it would likely be a more effective tool than using actual National Board items if they were available.

The ICO administration feels this is important to you, and so we have cleared out your normal classes (for second year students) on Wednesday afternoon, (thanks to Drs. Gabriel and Castells). **The workshop will begin at 2:00 PM in Room 1200.** Please take advantage of this excellent opportunity to learn more about the NBEO examination process and preparation.
BE THERE

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Change in Make-up Examination Requests

Requests for make-up examinations and requests for approved re-examinations are now being handled by Ella Wilson and her staff in the Academic Support Office, which is located on the 1st floor in the Academic Administration Area.

Congratulations



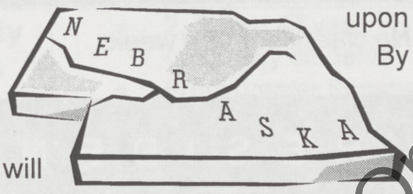
Congratulations to 3rd year Ty Huber and his wife Jill on the birth of son, Isaiah Ty Huber.

Indian Health Service Loan Repayment Program

Applications booklets are available with current information on this program in the Student Affairs Office. Applicants will need to commit to at least two years to an Indian Heath Service priority site. They will receive a stipend and have money for loans.

Nebraska Optometric Association

NOA is trying to construct a list of current students that are interested in practicing in Nebraska upon graduation. By placing yourself on this list, you will receive updated information about optometry in Nebraska including information on the current legislative issues in Nebraska, upcoming association and society meetings, and practice opportunities. They are also working on updating their website, noaonline.org, to be more beneficial to students.



If you are interested in receiving information on optometry in Nebraska, please send your contact information (name, address, phone number, email, permanent/parent's address, school, expected graduation date) to: Tina Jensen, OD, (402) 827-7161, natetina1@cox.net, Courtney Brightman, OD, (402) 438-3697, cbrightman@neb.rr.com.

Student/Staff Lounges

Let's keep our lounges as nice as they are now! Please take the responsibility of cleaning up (returning trays and utensils to the cafeteria when finished).
Thank You

Library Etiquette

"If anyone is as concerned about the graffiti on the library carols as I am, let's do our part as students to get it under control. While some may find bits entertaining, the fact is it only hurts us as tuition-paying students. When it does cross the line, it costs tuition dollars to have it removed - how smart is that?"
A concerned student

Experience Haiti

You now have the chance to experience the fascinating culture of Haiti…through your classmates! The seven mission Team members who traveled to Haiti over spring quarter break will be sharing a slideshow presentation this Monday, March 31st @ 8:00pm in lecture room 1200. Come check out the Haitian scene. Who knows, maybe next year you will be experiencing it in person?



International Night

The Multicultural Student Association invites everyone to come and enjoy the annual International Night on March 28th **(Tonight!)** at 7 pm. Tickets are $3:00 for MCA members and $5:00 for non-members. The evening will be devoted to dance performances, music and various entertainment programs from different cultures. The Blind spot and Casino night will be held at the gym from 5:00 pm to 7:00 pm. Make sure to taste some delicious food items and try your luck during Casino night. All funds raised by the event will be used towards the Multicultural Association Scholarship.

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Student Club/Organization Officers

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2003-04 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Attention RC Residents:

RC residents requesting to stay past the checkout deadline of Friday May 16th, 5 pm should complete a Request for Extension form which is available in the Student Affairs Office.

Lodging for Commencement Week

Attention Fourth Year Students

Have you reserved hotel accommodations for your family and guests for Commencement? If not, the Class of 2003 has reserved blocks of rooms at the following hotels under the name of ICO:

Embassy Suites on North Columbus Drive - $209/double
312-836-5970 Reservation deadline - April 1

Best Western Inn - Burbank - $99/double
708-497-3000 Reservation deadline - April 15

Hampton Inn on Cicero Avenue - $85/double
708-354-5200 Reservation deadline - April 30

Ramada Inn on South Lake Shore Drive - $79/double
773-288-5800 Reservation deadline - April 15

Attention Fourth Year Students

Commencement Activities

Mark your calendars for May 14th! We are planning our annual event the Commencement Capstone Program and we encourage all fourth year students to attend. The day will start with graduation rehearsal, leaving by trolley from ICO, at 12:30 p.m. Details regarding the events following rehearsal will be forthcoming.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 17. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2003 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

CLASSIFIEDS

No classifieds this week.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Zeki Nur International Student Scholarship Award	• International Student in financial need • Essay on hardship you endured	$500 (2)	April 1, 2003 To Student Affairs Office
John Gyles Education Awards	• Student in Canada or United States • GPA 2.7	Up to $3,000	April 1, June 1, November 15, 2003 For application send self stamped envelope (.37US) to: John Gyle Education Award Attention: The Secretary P.O. Box 4808, 712 Riverside Dr. Fredericton, New Brunswick, Canada E3B 5G4
CHO Foundation	• Resident of Community Hospital of Ottawa's service area • GPA 3.0	Up to $2,000.00	April 1st, 2003
Walman Optical Company Scholarship	• Optometry student in second or third year	$500 to $3,000	April 10, 2003 www.walman.com
Optometric Society of Greater Kansas City, Inc. **American Optometric Association**	• 2, 3, and 4th year optometry students • From greater Kansas City area	$500	April 15, 2003
The Dr. Seymour Galina Grant **(AOA)**	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2003 – to Student Affairs Office
Dr. Monty Friedow Memorial Scholarship **South Dakota Affiliate American Foundation for Vision Awareness**	• Third or fourth year student • Upper half of class • South Dakota students	$1,000	April 25th, 2003 Look in AFVA – South Dakota in Scholarship drawer in Student Affairs for more details
DuPage Medical Society Foundation Illinois	• Permanent residents of DuPage County • Healthcare field	$1,000 (could be more or less)	April 30th

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Neumueller Award **AAO**	• 3,000 word paper	$500.0, plaque and Reimbursement for travel expenses to annual Academy meeting	April 30th[st] to Dr. Colip Look under AAO in Scholarship file cabinet for more information
AFVA – Michigan Affiliate	• Resident of MI • 3rd year • B Average • Plan to practice in MI	$1,000	May 1, 2003
COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
The Cave Memorial Award **NOA**	• Member of NOSA • Financial Need • Community Involvement • GPA 2.5 or higher	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28927 May 31, 2003
Dr. Robert Johnson Binocular Vision/Vision Therapy Award **NOA**	• GPA 2.5 or higher • 3rd or 4th Year • NOSA Member • Community Involvement • 300 words or less paper	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28027 By May 31st, 2003
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – $1500 or more, depends on # of applicants.	June 15, 2003
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office

The Student Affairs Office has more information, so stop by and check it out!

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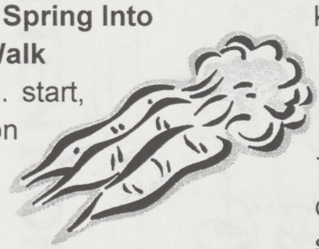
FITNESS CORNER

Polar Bear 2003
The 2003 Polar Bear T-shirts are in. Please use your t-shirt pick-up form to obtain your t-shirt from the mailroom.

ICO Running Club
If you ordered a t-shirt, they are here. The cost is $10 and you may pay cash or make a check payable to ICO. All money is due to your running club leader or to Shelby by April 1.

Upcoming Area Runs
Here are a couple more great runs in the Chicago area!

Lincoln Park Hospital's Spring Into Action 5Karrot Run & Walk
March 29, 2003, 10 a.m. start, Cannon Drive & Fullerton - Peggy Notebaert Nature Museum



Wrigley Start Early Run 5K/10K Run/Walk
April 12, 2003, 9 a.m. start, Randolph and the lakefront

Log onto www.chicagoevents.com for registration and more information.

Massage Therapy
Are you ready to get revived for spring? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Sufiano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, April 10 and Thursday, April 24.

FREE Personal Training
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

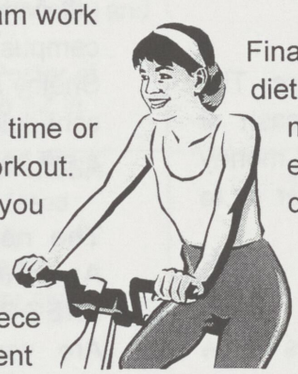
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Eye on Wellness

When Working Out Isn't Working

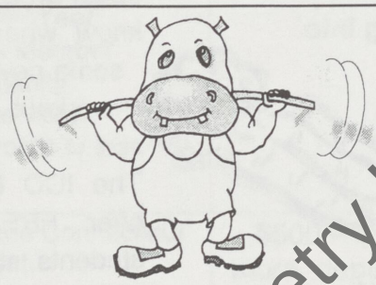
You are working out and trying to modify your diet, but you can't shed the pounds. Does this sound familiar? If so, here are a few suggestions to help you move beyond that plateau and make your program work for you!

First try to increase the amount of time or level of your current cardio workout. Your body adapts to the stress you place on it, and it needs new challenges to get the results you are looking for. Also, try a new piece of cardio equipment or a different class to really shock your body into shape.



Next, aim at adding a strength-training component to your workout. Free weights, machines, elastic tubing, or body weight are all options. Strength training will build muscle and consequently help increase your metabolism.

Finally, you might be modifying your diet, but do you really know how many calories you are consuming each day? Try keeping a food diary for a few weeks to make sure you are not consuming too many calories, and that you are eating a diet rich in fruits, vegetables, whole grains, and lean proteins.



Heavy Weight Information Coming Your Way!
Mark your calendars and don't miss being HIPAA-tized

2nd, 3rd & 4th years – Friday, April 4th – room 1200-03

During this mandatory session, you will learn how to comply with the new federal regulations regarding the privacy of patient information.

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ILLINOIS COLLEGE OF OPTOMETRY SPRING 2003

SCHEDULE OF SPRING QUARTER FINAL EXAMS

March 26, 2003

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY	TUESDAY	WEDNESDAY
	May 7	**MAY 8**	**MAY 9**	**MAY 10**	**May 12**	**MAY 13**	**MAY 14**
9:00 – 11:00	BHS 111 Neuroanatomy & Neuro-physiology	CLE 162.3 Optometry		BHS 106 Histology	BHS 256 Ocular Pharmacology	BHS 140.2 Sensory Aspects of Vision	BHS 263.2 Ocular Disease II
1:45 – 3:45	CLE 264 Advance Topics in Communication	BHS 364 Neuro-Ophthalmic Disorders	CLE 376.2 Strabismus & Amblyopia	CLE 379 Infant & Child Development	CLE 170 Physiological Optics	BHS 222 Theo & Physiologic Optics	
4:00 – 6:00		CLE 262.4 Intro to Binocular Anomalies	BHS 261 Physical Diagnosis				

ATTENTION:
MAKE-UP DATES ARE AS FOLLOWS:
FIRST AND SECOND YEAR – MAY 15 AND 16
THIRD YEAR – MAY 12 AND 13

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FOCAL POINT

ICO Student Newsletter **April 11, 2003**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out April 25, 2003 and the deadline for submissions is April 23 at 5:00pm.

CAMPUS NEWS

4th Year Capstone Program



The Capstone Commencement Program is designed to provide ICO's new graduates with information that will be important to you as you transition from being a student to practitioner. We will be inviting companies to participate that we know will have important information (and perhaps a few goodies!) to share with you.

The date is Wednesday, May 14th and the day will start at 12:30 pm as your entire Class is welcomed aboard the Chicago Trolleys to whisk you to Rockefeller Chapel for commencement rehearsal. In years past parking at U of C during the week has been extremely (agonizingly) difficult (imagine circling for hours for a parking spot as your classmates rehearsed!).

The agenda for the day is listed below:

12:30pm Graduates board Trolleys to Rockefeller Chapel
1:00pm Graduation Rehearsal at Rockefeller Chapel
3:30pm Capstone sponsors on campus to set up Information Tables
Graduates board Trolleys to return to ICO
4:00pm Graduates arrive on campus
Awards Presentation – Room 1200
4:30pm Capstone Cookout/BBQ – ICO Courtyard
Opportunity for graduates to visit sponsor Information Tables
6:30pm Cap & Gown/Yearbook Pickup in President's Circle Lounge

We are sure you will enjoy this day filled with beneficial information, a chance to visit with classmates you have not seen in awhile and to just enjoy each other's company before Commencement on Saturday. Plan now to attend!

Commencement

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 17. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2003 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Lynn Petrica and Sharon Uher

Lodging

Have you reserved hotel accommodations for your family and guests for Commencement? If not, the Class of 2003 has reserved blocks of rooms at the following hotels under the name of ICO:

Best Western Inn - Burbank - $99/double
708-497-3000 Reservation deadline - April 15

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Hampton Inn on Cicero Avenue - $85/double
708-354-5200 Reservation deadline - April 30

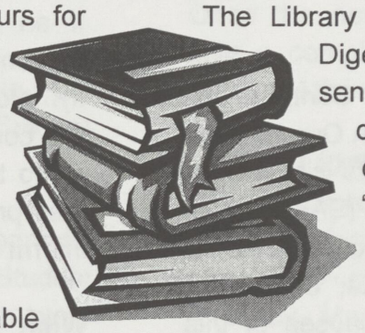
Ramada Inn on South Lake Shore Drive - $79/double
773-288-5800 Reservation deadline - April 15

Spotlight on the Library

by Kathryn Johnston

Spring is coming! The Library hours for spring break:

Thursday, April 17	8:00 a.m.- 5:00 p.m.	
Friday, April 18	CLOSED	
Saturday, April 19	CLOSED	
Sunday, April 20	CLOSED	



The Library's catalog will be available online at http://library.ico.edu during the spring break weekend, except for eight hours on Friday, April 18, for routine maintenance. The Library reopens with normal hours on Monday, April 21.

In the library's continuing efforts to bring modern technology to ICO, we have updated the internal library web page with seven more full text electronic journals. Select the yellow button that says "Full Text Sources" at http://icolibrary/library.htm. The following periodicals are now available from on-campus computers:

Current Eye Research
Neuro-Ophthalmology
Ocular Immunology and Inflammation
Ophthalmic Epidemiology
Ophthalmic Genetics
Seminars in Ophthalmology
Strabismus

Enjoy and please contact the Library Director, Gerald Dujsik, if there are other titles that you would like full text access to from on-campus.

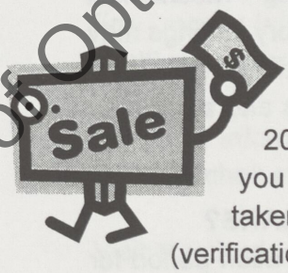
If you want to experience the 32nd Annual Meeting of the COVD which met last year in Ft. Lauderdale, we just received the lectures on audio cassette tape. Presentations include "Visual & human development in infant and child" by Glen T. Steele, "Optometric management of patients with acquired brain injury," by Irwin Suchoff and Allen Cohen, and "Evaluation & management of visual information processing," by Carl G. Hillier. The tape sets can be checked out for four weeks. COVD lectures from other years are available as well.

The Library also subscribes to the Audio Digest of Ophthalmology, which sends audio tapes every two weeks on topics such as "Glaucoma diagnosis and management" or "Refractive options and complications." They also circulate for four weeks.

The Library has United States tax forms and booklets in paper and on CD-ROM. The IRS also provides forms and directions at their website at http://www.irs.gov. Illinois tax forms also are available in the Library. The Illinois Department of Revenue website is at http://www.revenue.state.il.us/.

Good luck with taxes and enjoy the spring break! We look forward to seeing you in the Library.

In Honor of the Graduating Class of 2003:



Take 10% off all Book purchases through May 1, 2003. Order forms should reach you soon. Phone orders can be taken at (312) 949- 7471 as well, (verification and signatures required via fax).

Take 10% off all Clothing, Plush and Novelty Items the week of May 12th - May 16th.

Orders are still being received for Diploma Frames.

Beverly Barnes, Keena Shelton
Bookstore

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Information Update on Severe Acute Respiratory Syndrome (SARS)

Steven Rothschild, MD and Jeanne Dougherty, APN, FNP - Office of Student Wellness.

People have asked questions and expressed concerns about SARS. While there is currently no cause for alarm, we want to share the latest information about this emerging illness.

The Centers for Disease Control and Prevention and the World Health Organization have received reports of patients with Severe Acute Respiratory Syndrome (SARS) from Canada, China, Hong Kong Special Administrative Region of China, Singapore, Thailand, and Vietnam. The causes of this illness are unknown and are being investigated.

What are the symptoms of SARS?

Early manifestations include influenza-like symptoms such as fever, (measured temperature greater than 100.4 F or 38.0 C), myalgia (muscle aches), headache, sore throat, dry cough, shortness of breath, or difficulty breathing. In some cases these symptoms are followed by hypoxia pneumonia, and occasionally acute respiratory distress requiring mechanical ventilation and death. Laboratory findings may include thrombocytopenia and leucopenia (a decreased number of platelets and a reduced number of leukocytes).

What if you are exposed to SARS?

The CDC states that the incubation period for SARS is typically 2-7 days, but may be as long as 10 days. Cases of SARS continue to be reported primarily among people who have had direct close contact with an infected person, such as those sharing a household with a SARS patient and health care workers who did not use infection control procedures while caring for SARS patients. In the United States, there is no indication of community transmission at this time. The CDC continues to monitor this situation very closely.

If you have been exposed to SARS through travel to China, Singapore, Canada, Hong Kong, or Vietnam and you begin to display the symptoms as defined above, you should notify your primary caregiver by phone. Do not come to work or school as you may spread the virus.

If an ICO student calls or reports to the student wellness center, displays these symptoms and has recently traveled to any of the countries mentioned, they will be told to go to the closest emergency room. I will, as their provider, notify the emergency room and inform Dr. Rothschild.

What do you do if you come in contact with someone who may have SARS?

If you are an ICO student in clinic and suspect your patient may have SARS we recommend you notify the attending staff immediately.

The CDC and WHO makes the following recommendations. For all contact with suspected SARS patients, careful hand hygiene is urged, including hand washing with soap and water. If hands are not visibly soiled, alcohol-based handrubs may be used as an alternative to hand washing. Standard precautions such as gloves, mask and protective eyewear should be applied for all patient contact. If airborne precautions cannot be implemented patients should be placed in a private room. If N-95 respirators are not available for health care personnel, then surgical masks should be worn. Regardless of the availability of facilities for airborne precautions, **standard and contact** precautions should be implemented for all suspected patients.

I hope this information helps you understand SARS. Do not hesitate to call the Student Wellness Center if you have any questions. Please note there are also wonderful informative websites on the internet that are updated daily. They include www.cdc.gov/ncidod/sars/ and www.who.int/csr/sars/en/.

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Dr. Rothschild and I have put this information together. The content parallels the policy and procedures that Rush Medical Center is implementing if any SARS patients call or come into one of their offices, clinics or the Emergency Departments.

Jeanne T. Dougherty, APN, FNP
Student Wellness Center
312-949-7229

Chiropractic Care

Chiropractic Care is now available to ICO Students through the Office of Student Wellness.

Bill Kastanes, D.C., is offering chiropractic care to ICO students through the Student Wellness Center. He will be on-campus every Friday, from 12:00 noon - until 4:00 p.m. (based upon appointments) Dr. Kastanes earned his B.S. in Human Biology and D.C. (Doctor of Chiropractic) from the National University of Health Sciences. Dr. Kastanes is an independent practitioner (not an employee of the College) and students seeking his services are responsible for payment for those services. He has a reduced fee schedule for students ($30 per visit). He also accepts major insurance carriers. Call ext. 7229 to schedule an appointment.

Chiropractic is a safe, effective method of alleviating pain and improving health. Chiropractic specializes in neck, back, and joint pain, headaches, carpal tunnel, auto and sport injuries and arthritis. Many people benefit from chiropractic treatments.

Dr. Kastanes' services include:

- Chiropractic Adjustment
- Rehabilitation Exercises
- Trigger Point Therapy

Change in Make-up Examination Requests

Requests for make-up examinations and requests for approved re-examinations are now being handled by Ella Wilson and her staff in the Academic Support Office, which is located on the 1st floor in the Academic Administration Area.

Student Club/Organization Officers

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2003-04 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Attention RC Residents:

RC residents requesting to stay past the checkout deadline of Friday, May 16th, 5 pm should complete a Request for Extension form by Monday, **April 14**. The form is available in the Student Affairs Office.

Military Scholarships

Health Professions Scholarship Program

Earn a full–tuition scholarship, plus monthly allowance through the Army's or Navy's HPSP.

To qualify:

- US Citizen with BA from Accredited school
- Qualify as a commissioned officer in the US Army Reserve
- Maintain full-time student status

For more information visit the web at healthcare.goarmy.com or call 1-800-USA-ARMY

For more information on the Navy contact LT Dave Mitchell at 800-762-6199 ext 165.

Visit the Student Affairs Office for a brochure or flyer.

CLASSIFIEDS

Work Study Position

Basic Science Research Work Study Position
Students interested in doing research over the summer please contact Dr. Volin at extension 7168. I am looking for curious and enthusiastic students to continue studying acute uveitis in the rat.

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Summer 2003 help wanted for a new start-up practice in the historic, beautiful small town of Cedarburg WI, which is just outside of Milwaukee. The practice is owned and run by Drs. John Conto and Jane Bachman, who just left ICO to venture a try at private practice. Our full time hours would include afternoons, evenings and Saturday mornings and pay is negotiable depending upon experience (about $10.00-12.00/hr). Duties would include patient reception, preliminary work-up testing and optical dispensing. This would be a great opportunity to learn about what it takes to start a private practice! Please contact Dr. John Conto at cedarcreekeye@aol.com or call at (262)376-3937. Hope to hear from you!

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Optometric Society of Greater Kansas City, Inc. **American Optometric Association**	• 2, 3, and 4th year optometry students • From greater Kansas City area	$500	April 15, 2003
The Dr. Seymour Galina Grant **(AOA)**	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2003 – to Student Affairs Office
Dr. Monty Friedow Memorial Scholarship **South Dakota Affiliate American Foundation for Vision Awareness**	• Third or fourth year student • Upper half of class • South Dakota students	$1,000	April 25th, 2003 Look in AFVA – South Dakota in Scholarship drawer in Student Affairs for more details
DuPage Medical Society Foundation **Illinois**	• Permanent residents of DuPage County • Healthcare field	$1,000 (could be more or less)	April 30th
Neumueller Award **AAO**	• 3,000 word paper	$500.0, plaque and Reimbursement for travel expenses to annual Academy meeting	April 30thst to Dr. Colip Look under AAO in Scholarship file cabinet for more information

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AFVA – Michigan Affiliate	• Resident of MI • 3rd year • B Average • Plan to practice in MI	$1,000	May 1, 2003
COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
The Cave Memorial Award **NOA**	• Member of NOSA • Financial Need • Community Involvement • GPA 2.5 or higher	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28927 May 31, 2003
Dr. Robert Johnson Binocular Vision/Vision Therapy Award **NOA**	• GPA 2.5 or higher • 3rd or 4th Year • NOSA Member • Community Involvement • 300 words or less paper	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28027 By May 31st, 2003
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – $1500 or more, depends on # of applicants.	June 15, 2003
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003
Wisconsin Foundation for Vision Awareness	• Completed one year • Resident of WI	$750	August 15, 2003 To: WOA
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Spring Quarter Fitness Classes
A few changes have been made to the spring fitness class schedule. Please check the bulletin board outside the gym for more information.

Upcoming Area Runs
Here are a couple more great runs in the Chicago area!

Ravenswood Run 5K
Sunday, April 27, 2003
8:00 a.m. start
4550 North Hermitage Avenue, Chicago
Visit http://www.fleetfeetchicago.com for registration and more information.

LIVE! Foundation 5K
Sunday, May 4, 2003
9:30 a.m. start
Cannon Dr. between Fullerton and Diversey, Chicago

Log onto http://www.livefoundation.org for registration and more information.

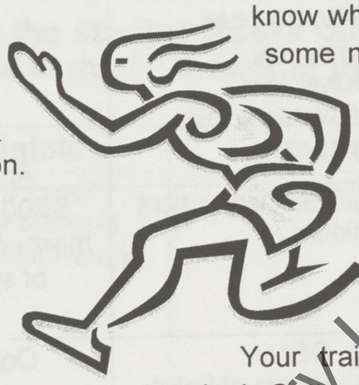
Massage Therapy
Are you ready to get revived for spring? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, April 24 and Thursday, May 8.

FREE Personal Training
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.



The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

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Eye on Wellness

Useful Information

Do you know someone who needs a boost to exercise and eat right? If so, try sharing some of this useful information regarding health and fitness.

- The average adult adds on about two extra pounds a year. Research has shown that this weight gain can be avoided by simply eating one less cookie a day or three fewer bites of a fast-food hamburger (about 100 calories). Making these small changes can help keep off the pounds in the first place, so people don't face the battle of losing weight down the road.
- Getting the recommended daily intake of calcium may reduce the risk of developing lower-colon cancer by as much as 50 percent! Just three and a half cups of skim milk contains your daily dose.
- Need a jolt to increase your creativity? A recent study revealed that participants scored higher on creativity tests after exercising than they did after watching a "neutral" documentary. Mood improved during exercise as well.
- Just 30 minutes of weight training a day cuts the risk of heart disease by 23 percent.

2 POUNDS A YEAR!

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FOCAL POINT

ICO Student Newsletter **April 25, 2003**

Editor: Kathy Brownfield x7401

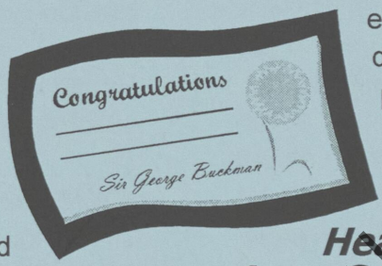
The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out May 9, 2003 and the deadline for submissions is May 7 at 5:00pm.

CAMPUS NEWS

Congratulations

The following students were elected as 2003-2004 Student Association officers:

Liz Chu – President
Tom Kline – President Elect
Lexie Franzeen – Secretary
Catherine Soriano – Treasurer
Jennifer Kinninger – Director of Community Service and Community Health
Lauren Guzik – Director-Elect of Student Note Service
Kamran Ahrar and **Ryan Haiar** – Class of 2004 Representatives
Kristin Cannon and **Rosemary Gonzalez** – Class of 2005 Representatives
Greyson Barger and **Joel Sollom** – Class of 2006 Representatives



New RAs

Congratulations to the new Resident Assistants beginning Fall 2003 through Spring 2004.

Head RA **Lyndsay Hunter** and Floor RAs, **Adam Klemens**, **Hansini Prasad** and **Tammi Carlson**.

AOSA News

Congratulations to third year students **Laura Frederick** and **Andrea McCann** for winning the Vistakon $500 Travel Grants. Thanks to all that submitted essays!

When attending the AOSA Conference, remember to attend the CIBA lecture to be eligible for the $15,000 in cash drawings. Look in your registration packet for other cash prize drawings that will occur during Exhibit Hall hours.

Heart of America Contact Lens Society and Primary Care Congress

Each year the "Heart" awards scholarships to several students who are representatives from the regional optometry schools. An ICO student **Jeffrey Jensen** was one of five students to win the student scholarship for the 42nd congress. Congratulations Jeff!

An 1980 Graduate of ICO was elected to the Heart of America Board of Directors at the most recent meeting in February. **Ron Roelfs**, O.D. will be serving the first of three 2-year terms as a board member on the education committee. He has a private practice in Waverly, IA.

Student Association Scholarship

The Student Association will be awarding a $500 scholarship to the winner of an essay contest. This scholarship is funded by events such as the Golf Outing and St. Patrick's Day Party. Look for more details coming soon to your campus mailbox.

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Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

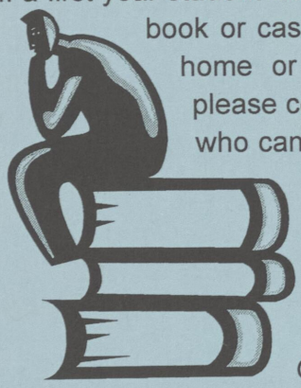
Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also, please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

Spotlight on the Library

by Kathryn Johnston

Attention: Fourth and First year Students: All of your Library materials will be due May 14, 2003, The last day of exams!

If a first year student would like to check out a book or cassette tape for the ride home or during the summer, please contact a staff member, who can override the due date so that the items will be due for the normal four week period.



Graduating students will have their status transferred to "alumni" after commencement, and will have full library circulation privileges again at that time.

Students away on externships also have library privileges. Library users can renew library books online from our off-campus website address of http://library.ico.edu if they have their User id and PIN. (Personal Identification Number.) The Library also will mail articles and books to students on externship if their site is more than 50 miles away. Contact me or another library staff member for more information and to obtain your User id and PIN.

Did you perform at International Night or miss the event? The Library now has videos of both the 2002 and 2003 International Night performances for 24 hour checkout, so you can view them in the Library or at home. The Library also has received two video series: "Teaching the Learning Disabled" (8 videocassette tapes) and the Learning Disabilities/Learning Abilities (6 tapes) that also are available for library or home use.

The Canadian optometry journal, *Practical Optometry*, has changed its name to *Clinical & Refractive Optometry* with the March 2003 issue.

The Library's online article database, VisionCite, is being marketed to optometrists and ophthalmologists around the world. For a yearly subscription fee, other vision professionals will be able to have access to this valuable vision article index. Students and faculty enjoy free access to VisionCite as members of the ICO community.

Happy Arbor Day and we look forward to seeing you in the Library!

Alumni Reception

The Illinois College of Optometry will host an Alumni Reception on May 16, 2003 at the new Midwest Vision Conference and Exposition in Rosemont, IL.

This meeting is the first gathering of the former Eyecare and Eyequest conferences. Please attend the conference and stop by our reception on May 16 at 5:30pm to 7:00pm on the second floor of the convention center room #30.

For more information, please contact Dr. Vince Brandys,'90 Director, Alumni Relations 312-949-7079 or at vbrandys@ico.edu

Faculty News

Dr. Schlange had a research paper "A Protocol for Evaluating Reading Eye Movements in the Beginning Reader" accepted for presentation at the 14th Asia-Pacific Optometric Conference, April 4-8, 2003, Shanghai China.

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"A New Eye Tracking Device and Test Protocol For Evaluating Eye Movements in Children" is another research paper by Dr. Schlange that was accepted for presentation at the 8th International Conference on Human Aspects of Advanced Manufacturing, in the subsection on Human Performance and Eye Tracking, May 27-30, 2003 in Rome Italy. This international conference is organized by the National Research Council of Italy.

4th Year Capstone Program



The date is Wednesday, May 14th and the day will start at 12:30 pm as your entire Class is welcomed aboard the Chicago Trolleys to whisk you to Rockefeller Chapel for commencement rehearsal.

The agenda for the day is listed below:

12:30pm	Graduates board Trolleys to Rockefeller Chapel
1:00pm	Graduation Rehearsal at Rockefeller Chapel
3:30pm	Capstone sponsors on campus to set up Information Tables
	Graduates board Trolleys to return to ICO
4:00pm	Graduates arrive on campus
	Awards Presentation – Room 1200
4:30pm	Capstone Cookout/BBQ – ICO Courtyard
	Opportunity for graduates to visit sponsor Information Tables
6:30pm	Cap & Gown/Yearbook Pickup in President's Circle Lounge

We are sure you will enjoy this day filled with beneficial information, a chance to visit with classmates you have not seen in awhile and to just enjoy each other's company before Commencement on Saturday. Plan now to attend!

Commencement

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 17. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2003 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Lynn Petrica and Sharon Uher

Commencement Speaker

This year's commencement address will be given by Donovan L. Crouch, O.D.. He is a 1963 graduate of ICO and a member of the ICO Board of Trustees and President of the ICO Alumni Council. Dr. Crouch is the recipient of the Presidential Medal of Honor from ICO and named the O.D. of the Year by both the Iowa Optometric Association and Heart of America Contact Lens Society. Dr. Crouch presently serves on the National Board of Examiners in Optometry and Association of Regulatory Boards of Optometry Board of Directors and on the Congress Coordinating Committee of the North Central States Optometric Council besides being involved in many other national organizations.

Lodging

Have you reserved hotel accommodations for your family and guests for Commencement? If not, the Class of 2003 has reserved blocks of rooms at the following hotel under the name of ICO:

Hampton Inn on Cicero Avenue - $85/double
708-354-5200 Reservation deadline - April 30

In Honor of the Graduating Class of 2003:

Take 10% off all Book purchases through May 1, 2003. Order forms should reach you soon. Phone orders can be taken at (312) 949-7471 as well, (verification and signatures required via fax).

Take 10% off all Clothing, Plush and Novelty Items the week of May 12th - May 16th.

Orders are still being received for Diploma Frames. Diploma Frames for Canadian

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shipments are an additional charge of approx. $69.00 or less for the first frame and approx. $35.00 for each additional frame ordered to be paid upon delivery. Please take this into consideration when ordering. Orders within the US are $15.00 for (1) frame and $6.00 for each additional frame ordered.

Beverly Barnes, Keena Shelton
Bookstore

Student Club/Organization Officers

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2003-04 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Chiropractic Care

Chiropractic Care is now available to ICO Students through the Office of Student Wellness.

Bill Kastanes, D.C., is offering chiropractic care to ICO students through the Student Wellness Center. He will be on-campus every Friday, from 12:00 noon - until 4:00 p.m. (based upon appointments) Dr. Kastanes earned his B.S. in Human Biology and D.C. (Doctor of Chiropractic) from the National University of Health Sciences. Dr. Kastanes is an independent practitioner (not an employee of the College) and students seeking his services are responsible for payment for those services. He has a reduced fee schedule for students ($30 per visit). He also accepts major insurance carriers. Call ext. 7229 to schedule an appointment.

Chiropractic is a safe, effective method of alleviating pain and improving health. Chiropractic specializes in neck, back, and joint pain, headaches, carpal tunnel, auto and sport injuries and arthritis. Many people benefit from chiropractic treatments.

Dr. Kastanes' services include:

- Chiropractic Adjustment
- Rehabilitation Exercises
- Trigger Point Therapy

Change in Make-up Examination Requests

Requests for make-up examinations and requests for approved re-examinations are now being handled by Ella Wilson and her staff in the Academic Support Office, which is located on the 1st floor in the Academic Administration Area.

CLASSIFIEDS

WORK-STUDY POSITION
Summer Quarter 2003
Big Bucks and Big Excitement!
Telephone appointment verification for Sidney Hillman Health Center. Work hours and location flexible - approximately 5-6 per week. Some basic computer skills helpful
Contact Dr Sanford M.Gross @ Ext. 7314 and leave telephone number.

Attention First and Second Year Students!
Love sports? Need money?
Contact Dr. Beckerman at ext. 7287 for a workstudy position in sports vision.

Summer 2003 help wanted for a new start-up practice in the historic, beautiful small town of Cedarburg WI, which is just outside of Milwaukee. The practice is owned and run by Drs. John Conto and Jane Bachman, who just left ICO to venture a try at private practice. Our full time hours would include afternoons, evenings and Saturday mornings and pay is negotiable depending upon experience (about $10.00-12.00/hr). Duties would include patient reception, preliminary work-up testing and optical dispensing. This would be a great opportunity to learn about what it takes to start a private practice! Please contact Dr. John Conto at cedarcreekeye@aol.com or call at (262)376-3937. Hope to hear from you!

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RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Dr. Monty Friedow Memorial Scholarship **South Dakota Affiliate American Foundation for Vision Awareness**	• Third or fourth year student • Upper half of class • South Dakota students	$1,000	April 25th, 2003 Look in AFVA – South Dakota in Scholarship drawer in Student Affairs for more details
DuPage Medical Society Foundation Illinois	• Permanent residents of DuPage County • Healthcare field	$1,000 (could be more or less)	April 30th
Neumueller Award **AAO**	• 3,000 word paper	$500.0, plaque and Reimbursement for travel expenses to annual Academy meeting	April 30thst to Dr. Colip Look under AAO in Scholarship file cabinet for more information
AFVA – Michigan Affiliate	• Resident of MI • 3rd year • B Average • Plan to practice in MI	$1,000	May 1, 2003
COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
The Cave Memorial Award **NOA**	• Member of NOSA • Financial Need • Community Involvement • GPA 2.5 or higher	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28927 May 31, 2003
Dr. Robert Johnson Binocular Vision/Vision Therapy Award **NOA**	• GPA 2.5 or higher • 3rd or 4th Year • NOSA Member • Community Involvement • 300 words or less paper	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28027 By May 31st, 2003

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Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – $1500 or more, depends on # of applicants.	June 15, 2003
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003
Wisconsin Foundation for Vision Awareness	• Completed one year • Resident of WI	$750	August 15, 2003 To: WOA
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Summer Quarter Fitness Classes

Are you interested in getting paid to stay fit? The fitness center is looking for group exercise instructors to teach during the summer quarter. If you have any questions, or are interested in the position, please contact Shelby at X7460.

Upcoming Area Runs

Here are a couple of great runs in the Chicago area!

Y-ME Race Against Breast Cancer
1 or 3 mile walk/5K run
Mother's Day Sunday, May 11, 2003
9:00 a.m.
Chicago's Grant Park
Log onto www.y-me.org for more information and registration.

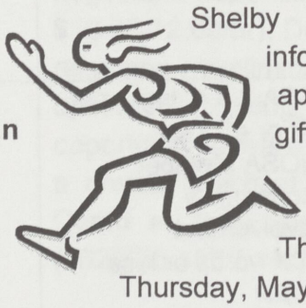
Alivio Y Salud - Run for Health 5K Run
May 18, 2003, 8:30 a.m. start
18th & Wood
Log onto http://www.chicagoevents.com for more information and registration.

Massage Therapy

Are you ready to get revived for spring? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.



The next sessions will be Thursday, May 8 and Thursday, May 22.

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FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

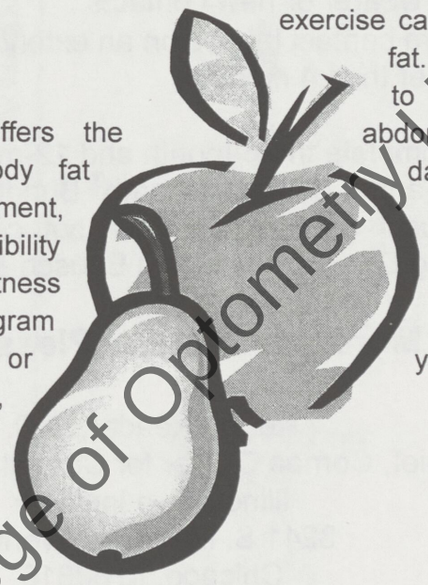
FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Apples and Pears

Are you shaped like an apple or a pear? Doctors might use this question to help determine a person's risk for developing certain diseases related to abdominal fat? The apple shape indicates there is abdominal fat that resides around the organs, which is much more harmful than excess fat in the thighs, buttocks or hips (pear-shaped). While fat storage is largely determined by genetics, hormones can also influence it. Women who were once pear-shaped can experience an increase in abdominal fat after menopause. This increases their risk for heart disease, diabetes, and certain cancers.



The good news is that even moderate exercise can help reduce abdominal fat. Aerobic exercise works to fight off the intra-abdominal fat that is so dangerous. Even if the numbers on the scale are not dropping, you could still be making a difference in protecting your long-term health.

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Illinois
Eye Institute

CONTINUOUS WEAR CONTACT LENS STUDY

The Illinois Eye Institute Cornea Center for Clinical Excellence is participating in a 30-night continuous wear soft contact lens Clinical Study. This national, multi-centered study consists of a minimum of 2 office visits over a 12-month period.

Eligible patients must be:

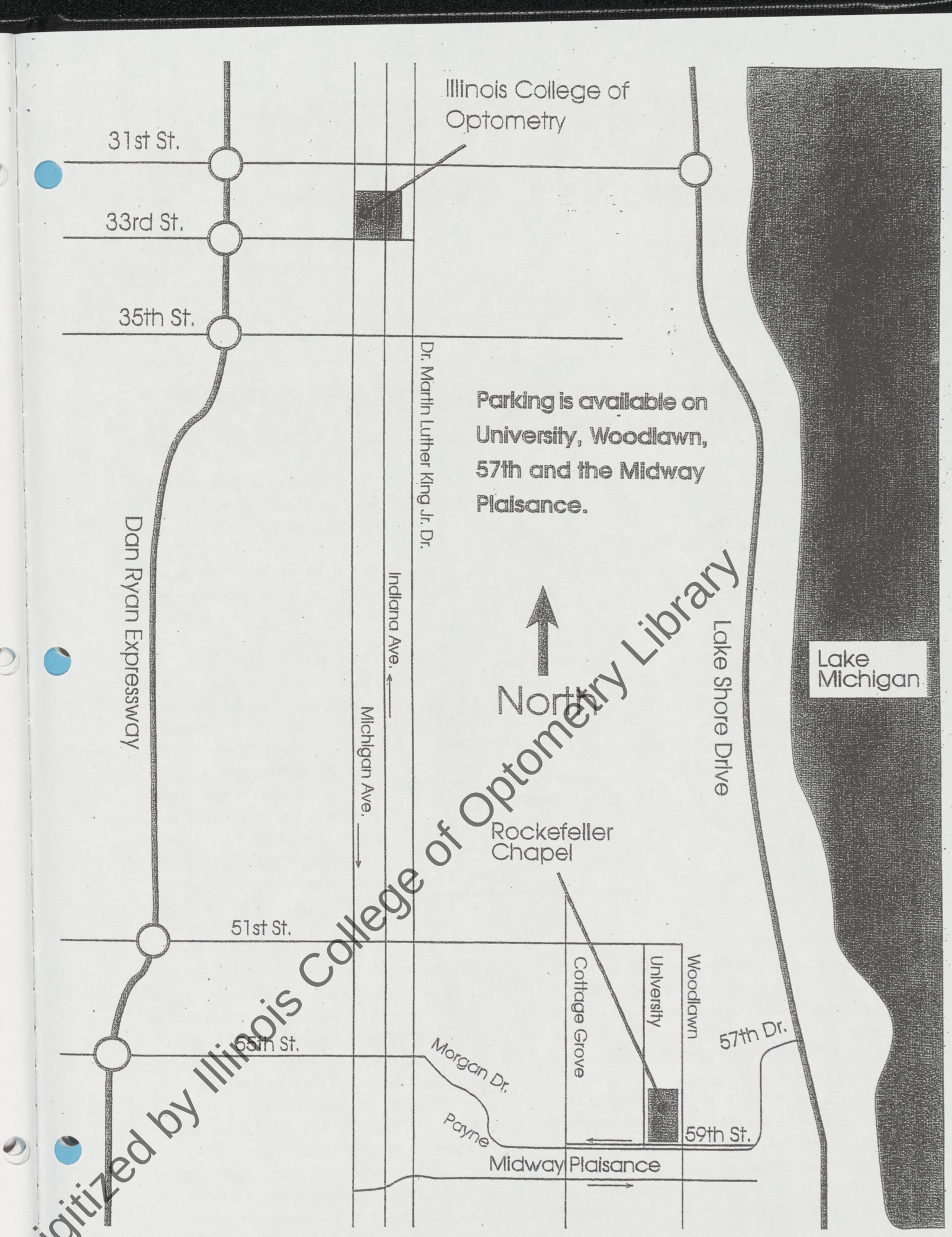
- Male or Female, 18 years of age or older
- Existing lens wearer or new contacts
- Not have worn contact lenses on an extended wear basis more than 7 days for longer than 4 months.

If you qualify and complete the 6-month and 12-month visits, you will receive a Legacy utility bag and a Bausch & Lomb® Bundle Pack (consists of 3-month supplies of new Bausch & Lomb® spherical soft contact lenses and ReNu MultiPlus® Rewetting Drops as well as a Bausch & Lomb® Cybercase).

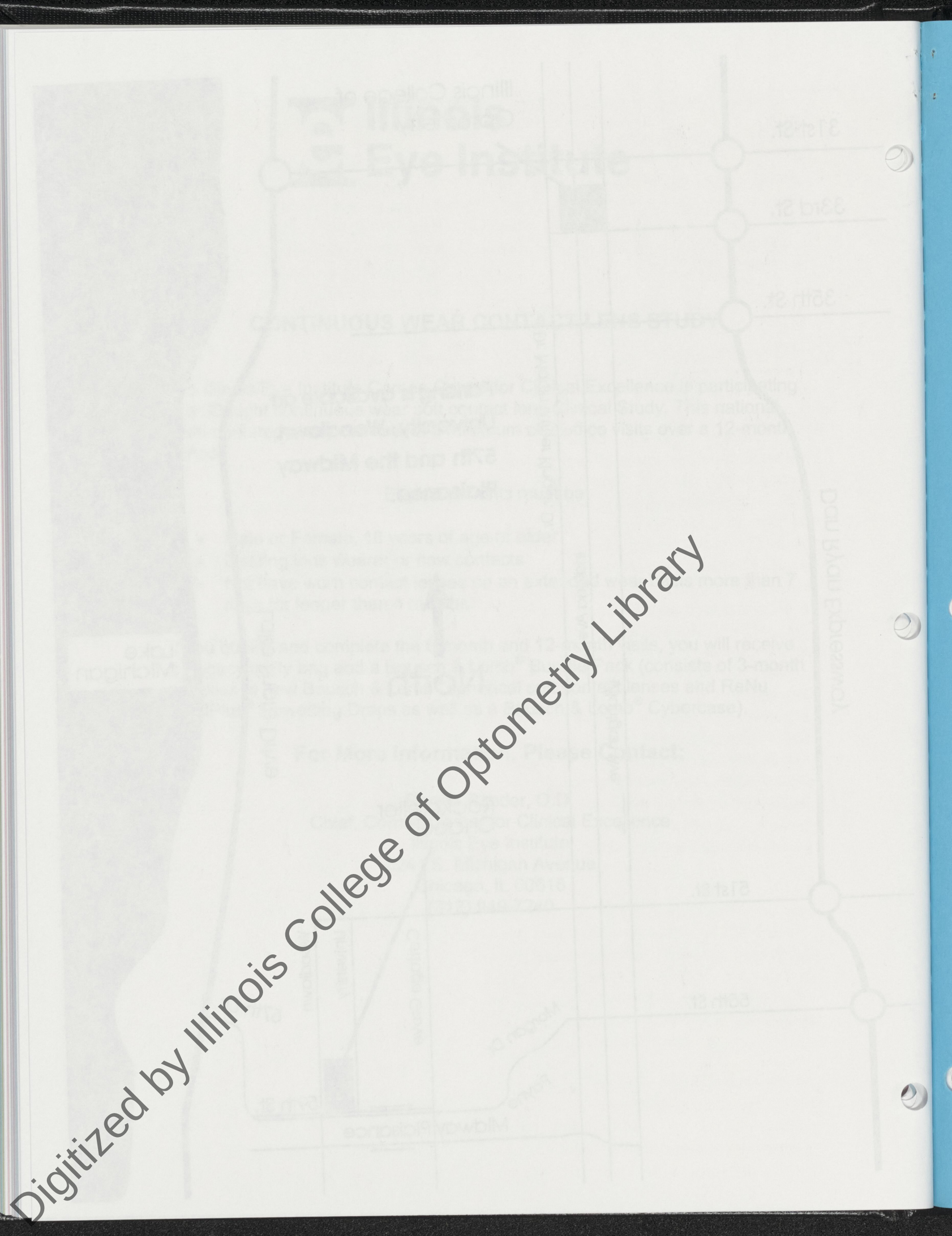
For More Information, Please Contact:

Renée Reeder, O.D.
Chief, Cornea Center for Clinical Excellence
Illinois Eye Institute
3241 S. Michigan Avenue
Chicago, IL 60616
(312) 949-7240

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FOCAL POINT

ICO Student Newsletter **May 9, 2003**

Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out in August, 2003.

CAMPUS NEWS

From Dr. Colip

This will be the last Student Newsletter of the 2003 – 2003 academic year.

Congratulations to all students on the successful completion of another year at ICO!



"Though distances may separate us, you will always be part of the ICO "family"

To the ICO Class of 2003 (candidates for the O.D. degree): This will indeed be your last "Student" Newsletter. I have enjoyed working with you over the last few years and would like to wish each of you the best as you begin your new careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. As you take your first professional positions, the next few weeks and months will undoubtedly hold much change and professional challenge as you try out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. As your first paychecks start rolling in I'd like to challenge you to rely on each other, as well as those of us that will remain here at ICO, for advice and assistance as you continue your professional development and transition into your practices. Though distances may separate us, you will always be part of the ICO "family". One of the great joys for many of us that will remain at ICO is the opportunity to continue to watch each of you grow and continue your professional development and learn of your successes. Your return visits are always welcome! As a member of the largest optometric alumni association in the world you have earned access to and assistance from over 8,000 fellow alumni worldwide – take advantage of us! Your ICO education will serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your accomplishment and best wishes to all of you!! I wish you each many successes in your new careers!

To the Third Year Class: Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externhip Program. Please visit us in the Student Affairs Office during your campus-based rotations. Now is a good time to list yourself with the ICO Placement Program (many of you already have – congratulations!) and use the

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next few months to start evaluating practices and thinking about where you may want to set-up practice.

To the Second Year Class: Best wishes as you begin your formal clinical education in the Illinois Eye Institute. I encourage you to take an occasional break from your studies (and NBEO preparations!) and enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend you check out the many festivals and plan to take in a concert in Grant Park sometime this summer – they're free! Many of you will take NBEO Part I in early August. I highly recommend that you save yourself some last minute anxiety and develop an exam preparation schedule starting immediately after Finals. You'll be glad that you did.

To the First Year Class: I commend you on the completion of your first year and encourage you to reflect back upon this year and realize just how much you have learned. For those of you staying in Chicago and participating in the "Experience Chicago Program", I'm sure we will see much of you – enjoy Chicago in the summer! To those of you that will be returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and helping out with First Year Orientation (Aug. 12 – 14) and help get the new Class off to a good start.

To all Students

From Dr. Colip

The summer months will once again be quite busy around ICO. ICO's second annual Commencement Capstone Program for the graduating Class will run next Wednesday evening May 14th. Commencement is next Saturday, May 17th at 1pm at Rockefeller Chapel at University of Chicago.

The Admissions Office will conduct our summer Open House on Saturday, June 7th; if you will be around and would like to help out or participate, please stop-by the Student Affairs Office and see Aisha Davis to sign-up. During the summer months a new ICO catalog will debut.

ICO will sponsor an alumni/student reception at the AOA Congress in San Diego, CA (June 18-22). If you plan to attend the meeting, or will be in the area, we would appreciate your attendance – Fri., June 20th. It is a great opportunity to network with ICO alumni and who knows, maybe you will meet your new practice partner. Details on the meeting are available in Student Affairs.
Have a great summer!!

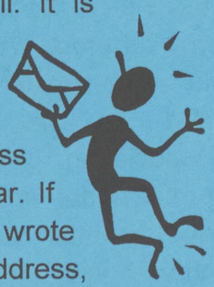
Graduating With Honors

Dr Colip

For those students interested in graduating "with Honors" the required cumulative GPA in each category at ICO is:
Summa Cum Laude – 3.90 to 4.00
Magna Cum Laude – 3.75 to 3.89
Cum Laude – 3.50 to 3.74
Go for it!

From the Mailroom

The mailroom is responsible for forwarding first class mail to all graduating and first year students during the summer quarter. The Registrar's office provides us with the addresses used for your mail. It is extremely important that you provide the Registrar with your correct address. We can only forward mail to an address provided to us by the Registrar. If you have any doubt, what you wrote down as a forwarding address, please double check your information.



Magazines are held until the fall quarter and catalogs are discarded. If you have any questions, call X7085 or X7087.
Daisy Varkalis, Mailroom supervisor

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Bookstore Sale

Graduates Only! Receive 10% off all books, clothing, novelty and plush items. Graduates please take inventory of your needs; this is your last chance to purchase equipment, lenses, etc. at student prices.

Multiple Volk Lens Cases are available for purchase through the Bookstore. The price ranges between $30.00 - $75.00 depending on what lenses you have. Standard Cases will accommodate your 20D, 78D and 90D only. Please list if you have 4 mirrors with or without flange if applicable. We recommend that you make your purchases of your lenses prior to placing order because cases are customized for your lenses and there are no exchanges. Please look for VOLK Order Forms in the Bookstore if interested and allow 14-21 days for delivery.

Suppliers

- Heine will be in the Bookstore at 10am on May 14th for Service/Repairs.
- Woodlyn International is scheduled for May 15th between 10am-12noon.
- Star Ophthalmic Instruments continue to come on a weekly basis to service our needs. Future days and times for Star will be announced.

Spotlight on the Library

by Kathryn Johnston

Library Hours: May 10-May 18

Saturday, May 10	8:00am-midnight
Sunday, May 11	10:00am-midnight
Monday, May 12	7:00am-midnight
Tuesday, May 13	7:00am-midnight
Wednesday, May 14	7:00am-5:00 pm
Thursday, May 15	8:00am-5:00 pm
Friday, May 16	8:00am-5:00 pm
Saturday, May 17	CLOSED
Sunday, May 18	CLOSED

Summer hours begin May 19

Monday-Thursday	8:00am-9:00pm
Friday	8:00am-5:00pm
Saturday	9:00am-5:00pm
Sunday	CLOSED

Attention: Fourth and First Year Students: All your library materials will be due **May 14, 2003,** the last day of exams!

Need a summer job? The Library is hiring students this summer for both day hours and evening hours. Contact Laurie Curtis in the Library if you are interested.

A digital camera has been donated to the Library for student use. It can be checked out for 24 hours at a time.

The Library has purchased two video series on learning disabilities. They cover topics such as "ADD/ADHD/LD: understanding the connection" and "motivation: how to encourage the LD student." The videos are available for 24 hour checkout in the Media area on the second floor of the library.

The Library also has acquired two new books on holistic health: *Encyclopedia of natural medicine*, by Michael T. Murray, Joseph Pizzorno (RZ433.M87 1998) and *The healing power of vitamins, minerals, and herbs* (RM259.H424 1999). Other new books include:

Practical retinal photography and digital imaging techniques, by Marshall E. Tyler, Patrick J. Saine, Timothy J. Bennett. (RE551.T95 2003)

A practical guide to phacoemulsification, by Mahipal S. Sachdev & Tanuj Dada. (RE451.P48 2003)

Vision: from neurons to cognition, edited by Christian Casanova, Maurice Ptito (QP474.V5 2001)

Congratulations to the graduating students! You will be able to check out materials and use the interlibrary loan services from the Library as Alumni following commencement.

Congratulations

Kosta Koutoulas has been appointed as the '03 – '04 Director of Intramural Sports. His name was inadvertently omitted from the last Focal Point announcement

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Student Award Winners

2002-2003

Congratulations to these students who received the following awards:

SA Officer of the Year – Andrea McCann

Class of 2006 Colleague of the Year – Tom Kline

Class of 2005 Colleague of the Year – Rosemary Gonzalez

Class of 2004 Colleague of the Year – Nathan Bonilla-Warford

Gold Key International Optometric Honor Society



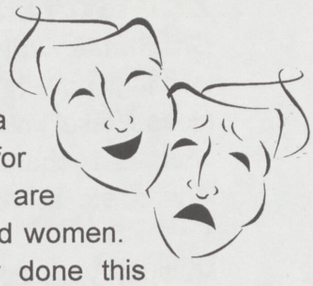
This honorary society is to recognize upperclassmen that have demonstrated outstanding professional and ethical attitudes through leadership in their class, college and profession. Membership consists of five percent of the third year class and ten percent of the fourth professional year. Individual candidates are chosen for a lifetime membership.

The officers of the Gold Key Honor Society selected for the Class of 2004 are:
Mike Lopykinski – President
Kelly Van Haaften – Vice President
Andrea McCAnn – Secretary
Ryan Haiar – Treasurer
Michelle Kim – Student Affairs Liaison
PJ Holser – Faculty Liaison

This year's officers will be opening up the application period again in May to allow individuals to prepare their submissions for selection this summer.

Watch for more information coming later this month!

Let the play begin!



Come join us in the fifth annual ICO Players Fall Production. Interested in a part? Come see me for "character matching". There are lots of parts for both men and women. Don't worry if you've never done this before - that's what WE all said. Practice will be three nights a week starting in July 7th or so (some flexibility, as you can see so don't worry) and continue until the Play/Blindspot Night is here on August 22nd. If you're interested, come talk to me in my office, phone me, leave a note in my box, or I might just come find YOU!

Dr. Joan Sears, Director, ICO Players
Office: Academic Administration 1801
Office phone: 312-949-7178
Cell phone: 312-607-1563

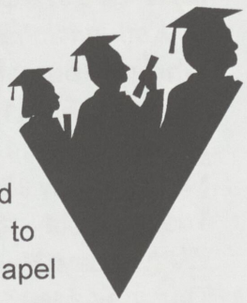
Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also, please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

Attention 4th Years

Capstone Program



The date is next Wednesday, May 14th and the day will start at 12:30 pm as your entire Class is welcomed aboard the Chicago Trolleys to whisk you to Rockefeller Chapel for commencement rehearsal.

The agenda for the day is listed below:

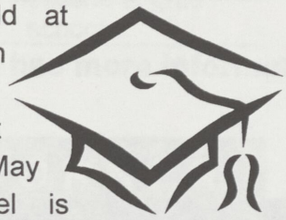
12:30pm Graduates board Trolleys to Rockefeller Chapel
1:00pm Graduation Rehearsal at Rockefeller Chapel
4:00pm Graduates arrive on campus
Awards Presentation – Room 1200
4:30pm Capstone Cookout/BBQ – ICO

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Courtyard
Opportunity for graduates to visit sponsor Information Tables

6:30pm Cap & Gown/Yearbook Pickup in President's Circle Lounge

Commencement



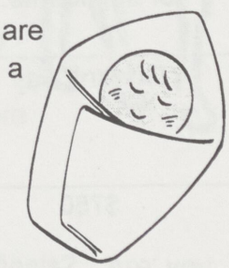
Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 17. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2003 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Lynn Petrica and Sharon Uher

Commencement Speaker

This year's commencement address will be given by Donovan L. Crouch, O.D.. He is a 1963 graduate of ICO and a member of the ICO Board of Trustees and President of the ICO Alumni Council. Dr. Crouch is the recipient of the Presidential Medal of Honor from ICO and named the O.D. of the Year by both the Iowa Optometric Association and Heart of America Contact Lens Society. Dr. Crouch presently serves on the National Board of Examiners in Optometry and Association of Regulatory Boards of Optometry Board of Directors and on the Congress Coordinating Committee of the North Central States Optometric Council besides being involved in many other national organizations.

New Baby!



Kristin (and Ryan) Wilson are the proud parents of a beautiful baby girl!
Evelyn Jean Wilson
midnight - May 7
8 lb. 13 oz., 21-1/2"
Palos Community Hosp.

All are doing well.

CLASSIFIEDS

Office of the Dean/Academic Affairs

The Dean's Office is looking for work-study students during Summer Quarter, especially current first year students. **Hours are very flexible.** If interested contact Deanna Polakowski by phone (x7011), regular mail or stop by and see me in room 1800.

TA's Needed for FALL Quarter -- Attention Third Year Students:

If you will be on campus (or at least in the Chicago area) during Fall quarter, and would be interested in being a lab TA for the Binocular Vision Disorders course (basic VT procedures), please let Dr. Frantz know during the summer quarter. Labs will likely be in the mornings and Wed. afternoon. If your schedule is tight, you can still help out for part of a lab or half the quarter, or even "behind the scenes" critiquing students' recording sheets. Please let me know of your interest by putting a note in my box or sending me an email: kfrantz@eyecare.ico.edu

Library Day Workers for Summer

The library needs full-time and part-time day workers for the summer. If interested, inquire at library desk, in workroom or call Laurie at 7151.

WORK-STUDY POSITION
Summer Quarter 2003

Big Bucks and Big Excitement!
Telephone appointment verification for Sidney Hillman Health Center Work hours and location flexible - approximately 5-6 per week.
Some basic computer skills helpful
Contact Dr Sanford M.Gross @ Ext. 7314 and leave telephone number.

Summer 2003 help wanted for a new start-up practice in the historic, beautiful small town of Cedarburg WI, which is just outside of Milwaukee. The practice is owned and run by Drs. John Conto and Jane Bachman, who just left ICO to venture a try at private practice.

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Our full time hours would include afternoons, evenings and Saturday mornings and pay is negotiable depending upon experience (about $10.00-12.00/hr). Duties would include patient reception, preliminary work-up testing and optical dispensing. This would be a great opportunity to learn about what it takes to start a private practice! Please contact Dr. John Conto at cedarcreekeye@aol.com or call at (262)376-3937. Hope to hear from you!

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
COVD Martin Kane Student Research Award	• Best Research project on "Vision and Learning" • Present Poster at Meeting in AZ in October	$750	May 30, 2003
The Cave Memorial Award **NOA**	• Member of NOSA • Financial Need • Community Involvement • GPA 2.5 or higher	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28927 May 31, 2003
Dr. Robert Johnson Binocular Vision/Vision Therapy Award **NOA**	• GPA 2.5 or higher • 3rd or 4th Year • NOSA Member • Community Involvement • 300 words or less paper	$500	Send to: Dr. LaSheta P. David, O.D. NOA Vice President 150 Concord Commons Place Concord, NC 28027 By May 31st, 2003
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – $1500 or more, depends on # of applicants.	June 15, 2003
Polish Women's Civic Club, Inc.	• U.S. Citizen • One Parent of Polish Heritage • Chicago Resident	Doesn't say	June 28, 2003
Wisconsin Foundation for Vision Awareness	• Completed one year • Resident of WI	$750	August 15, 2003 To: WOA

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The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Group Fitness Classes
There will be no group fitness classes the week of May 12. The summer class schedule will begin on May 19. The new schedule will be posted soon on the bulletin board outside the gym.

Upcoming Area Runs
The good weather is arriving, and so are some of the good runs in Chicago!

Golden Apple's Red, White and Blue Run for Excellence
5K Run, 5K Walk, 1M Youth Event
Saturday, May 24, 2003
9:00 a.m.
Grant Park, Chicago
Visit www.goldenapple.org for registration and more information.

Run for the Zoo
5k, 10k, 5kW
Sunday, June 1, 2003
8:00 a.m.
Lincoln Park Zoo - Cannon Drive & Fullerton, Chicago
Log onto www.chicagoevents.com for registration and more information.

Massage Therapy
Are you stressed from finals? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

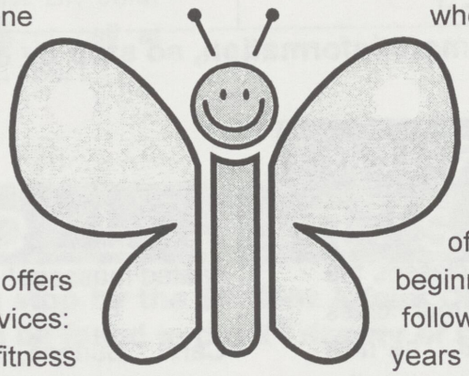
The next sessions will be Thursday, April 24 and Thursday, May 8.

FREE Personal Training
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an

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appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).



FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Cutting Depression

Do you suffer from depression, or know someone who does? A new study reported in the *American Journal of Epidemiology* reveals that older adults who exercise are less likely to be depressed, and also face a lower risk of becoming depressed. The study included 1,947 people who were between the ages of 50 and 94 years old at the beginning of the study. The study followed these individuals for 5 years and examined the effects of physical activity on depression. An eight-point scale was used to rate the participants' physical activity level. Every one point increase in activity cut the risk of depression by ten percent, and of becoming depressed by seventeen percent. Physical activity can include walking, swimming, playing sports or other forms of exercise.

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VISTAKON®

DIVISION OF
Johnson & Johnson
Vision Care, Inc.

OPTOMETRY STUDENTS

FOCUS ON A WORLD CLASS SUMMER INTERN OPPORTUNITY!!

World Class Students set their sights on World Class Opportunities. Look at working as a **Optometry Intern** at VISTAKON, manufacturer of ACUVUE® Brand contact lens and a part of the Vision Care division of Johnson & Johnson, the world's leading health care company.

VISTAKON, currently has a job opportunity for a talented

SUMMER INTERN

to work directly with the VP of Professional Affairs. If you're a student who is looking for job content related to your major and work that will ultimately provide value to your future in Optometry, look no more. The Optometry Intern will work on educational projects (Vistakon's Newsletter and Staff Training Modules) to help Eye Care Professionals grow their practices. Intern hourly hiring rates vary depending on the student's year in school and we offer relocation assistance.

$20+/hr

If YOU are an Optometry student who wants to gain experience working in a Fortune 500 Company and are **at least 18 years of age**, have **completed at least one year of graduate studies and will be returning to Optometry School as a full-time student in the fall,** we encourage you to apply by emailing your resume to:

visweb@visus.jnj.com

Subject Line should read: **Optometry Summer Intern 2003**

Students on an F-1 visa MUST have written permission from their school to be eligible for consideration.

VISTAKON is an Equal Opportunity Employer Where Diversity Adds Value

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Special Olympics Opening Eyes Program to Return to the Illinois State Games in June

Volunteers Needed

Last year was the third year that optometry was represented at the Illinois State Special Olympic Games held in Bloomington/Normal in June. The vision screening was held for a day and a half, and we were able to screen 265 athletes in that short time period. 135 pieces of eyewear were prescribed, whether it be an everyday Rx, a sports goggle, or a swimming goggle. The screening was a great success for both the athletes who participated and the volunteers who made it all run so smoothly!!

This year we will be doing it again, and we need your help! We had 17 optometrists from all over the state participate in June of 2000, but only 9 optometrists in 2002, so **we need you**! We also had 21 optometry students, 10 Lions Club volunteers, and 8 lay volunteers. It would be wonderful to have even more volunteers this year, since we are expecting even more athletes to make it through our screening. Of particular need are volunteers for Saturday, since it is a full day of screening. Bring your family and friends and make it a group activity!!

The Special Olympics is an international program of year-round sports and athletic competitions for children and adults with mental retardation. All of the athletes must be at least eight years old to participate. The goal of the Special Olympics Opening Eyes Program is to bring quality vision care to this special population. Our screening consists of visual acuity testing, cover test, extraocular motility testing, pupils, color vision, stereopsis, non-contact tonometry, slit lamp evaluation, and ophthalmoscopy. If the athlete is determined to need glasses, they are given a full refraction with subjective testing.

This year's event will take place on the Illinois State College Campus in Bloomington/Normal on **Friday, June 13** from 12:00 – 5:00 pm, and **Saturday, June 14** from 8:00 am – 5:00 pm. Friends, family, and optometric staff (especially opticians) are encouraged to participate as well. Please help us in making this year's SOOE program as successful as the past three year's!! If you have any questions, please contact Christine Allison, O.D., F.A.A.O., F.C.O.V.D. at (312) 949-7336. You will receive more information as the event draws nearer once you have signed up.

If you would like to take part in this rewarding experience, please fill out this form by **May 31** and mail or fax to:

Christine Allison, O.D.
Illinois Eye Institute
3241 S. Michigan Ave.
Chicago, IL 60616
(312) 949-7336
FAX (312) 949-7668

NAME of VOLUNTEER(S):_____

TELEPHONE:_____FAX:_____E-MAIL:_____

ADDRESS:_____

_____I am available to help on June 13 _____I can help on both days!

_____I am available to help on June 14

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FOCAL POINT

ICO Student Newsletter **August 18, 2003**

Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out in September 5, 2003 and the submission deadline is August 29.

CAMPUS NEWS

Message from the President

When the ICO class of 2007 began its journey through the four years of the professional program this fall, I had the opportunity to welcome them to the oldest and largest educational program in the country devoted to the training of optometrists. I am proud to report that this new class has a most impressive record of achievement during the years of their undergraduate degree experiences. The faculty and I have high expectations for their future success and contributions to their future communities.

The beginning of a rigorous professional degree program is an occasion for our new students to feel enthusiasm and excitement, even in the face of anxiety about their perceptions of whether they will successfully complete their programs. Here are the heartfelt comments of encouragement that I shared with them as they began their doctor of optometry degree studies:

1. Is it worth it to invest so much time, effort and money to become a doctor of optometry? You bet it is! In the 36 years since I sat in a chair as a new student, the opportunities and experiences I have had as an optometrist have exceeded my expectations many times over.
2. To me, four years of professional degree studies seemed like a long time looking forward, but looking back, it was only a brief memory in a career full of the ability to really make a difference in people's lives. Involvement with activities beyond the academic and clinical program was an enriching part of my professional education, and I encouraged these new students to be involved with their ICO communities for that reason.
3. My late mother used to admonish me, "You can't do everything in one day, but you can do something!" She was right. Persistence is a key to success in a college of optometry, as it is in life itself.
4. Only you have control of your attitude. You can choose to get up happy and enthusiastic to take on each new day, or you can drag out of bed and say, "Woe is me. I'll never make it. The world is against me." Positive attitude is as much a key to your success at ICO as it is to your future career.
5. You are your greatest asset. Take care of yourself physically and emotionally. Have fun. Keep a balance in life. Protect and nourish that asset, and it will grow.
6. Lastly, as a professional, your life should be driven by doing what is right – right for your patients, right for your colleagues, right for your family, and right for your communities.

continued on next page

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Remember, life itself doesn't come with guarantees. However, I believe that the greatest likelihood for success comes to those who get involved, are persistent, keep a positive attitude, take care of themselves by keeping a balance in their lives, and most importantly, by doing what is right.

Best wishes to our new students as they work to join the ranks of our successful alumni four years from now.
Arol Augsburger, O.D.
President

The Gregg Steele ICO Players Present...



Come join us Friday, August 22nd when the students and faculty who make up The Gregg Steele-ICO Players present Tim Kelly's ***"Don't Be Afraid of the Dark".*** A Faculty Blindspot will start the festivities that evening at 5 pm and the play will begin at 7:30 pm. Play proceeds will go to the Dr. Gregg Steele Memorial Scholarship Fund. Blindspot proceeds will go to the Faculty Scholarship Fund. Look for photos in the next ICO JIOA column.

ICOlympics!!!

Attention all students, faculty, staff, family and friends. The time has come to show off your competitive spirit. The ICOlympics are just around the corner - Saturday, August 23rd at the Illinois Institute of Technology's Morton Park (see attached map) starting at 11:00 am. There will be a variety of competitions, free food, drinks, prizes, t-shirts, medal ceremony and lots of fun. Sign-up sheets for the competitions will be posted in the President's Lounge by the student mailboxes during the week of August 18th (announcements will be made for each class). Remember to bring your family and friends. Join the festivities and be ready for a good time. Any questions please contact Tom Kline, Box #555 or see Lynn Petrica in Student Affairs x7403. Hope to see everyone there!

Welcome to All New and Returning Students

The Student Affairs Office extends a warm welcome to returning and new students of ICO. The Focal Point, the student newsletter, is published bi-weekly by the Student Affairs Office for the entire ICO community. The Focal Point informs students, faculty and staff of items and events concerning the student body.

If you have an announcement or other items you wish to include in the newsletter, or if you have scheduled an event, either on or off campus, please contact Kathy Brownfield in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

President's Welcome Awards Ceremony

Everyone is invited to attend the President's Welcome Awards Ceremony. The program begins at 11:00 am on Monday, August 25th in the Lecture Center. Come and watch the new 1st year class receive their first white lab coats.

First, second and third year students will receive recognition for their awards and scholarships from the 2002-2003 Academic Year.

Meet your Student Affairs Department

The Student Affairs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop by the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct you to the department who can answer them. Information regarding the Focal Point (student newsletter), scholarships, student leaders,

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reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with the Dean for Student Affairs in our office.

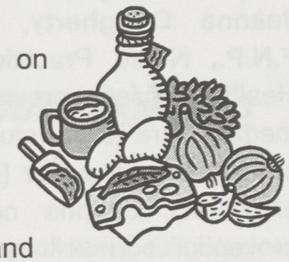
Dr. Mark Colip, Dean for Student Affairs, is responsible for developing and maintaining admissions, student recruitment, residential complex, student affairs, student counseling and enrichment, student financial services, student health service, ICO bookstore, food services, scholarships and awards, commencement and fitness center.

Placement and Recruitment

The Placement Office coordinates ICO's Placement Program which is on-line, through ICO's web-site and interactive. The Placement Office also assists students in locating part-time and summer positions in optometric settings. The bulletin board, which posts these part-time student opportunities, is located outside of the Student Affairs Office. The Placement Office also coordinates the yearly Practice Opportunities Symposium which is designed to help our students envision the many options and opportunities facing them as they begin their practice of optometry. The symposium consists of a panel of recent graduates that share their own experiences and recommendations for success. We also invite representatives from optometric associations, private practice, group practices made up of many health care disciplines, residency programs, government and corporate optometry with all the myriad configurations they jointly and individually represent. The Placement Office also coordinates the Private Practice Club. The club invites private practitioners, practice consultants, financial advisors, etc. to speak to the club at least 6 times during the academic year. All students are welcome to join the club.

The Recruitment Office helps plan the visits of undergraduate institutions during the course of the school year. We represent ICO at numerous Graduate/Professional School Fairs across the nation and in Canada. We also conduct presentations and informational sessions to Pre-Optometry Clubs. The office is also responsible for the Student Ambassador Program, where at times and schedule permitting, students represent ICO at these schools, usually their undergraduate institution. We welcome current students from all years to participate. See Lynn Petrica (x7403) if interested in visiting your undergraduate alma mater.

Food Service

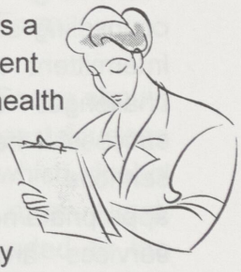


Food Service (located on the lower level of Brady Hall) is owned by the college and contracted by Sodexo. Breakfast, lunch and dinner are served Monday through Friday as well as brunch on Saturday and Sunday. Hours of operation are as follows:

Breakfast - 7:30 am - 9:30 am
Lunch - 11:30 am - 2:00 pm
Dinner - 5:00 pm - 7:00 pm
Brunch: Sat. & Sun. -- 11:30 am - 2:30 pm

Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis.

College Wellness Service



The College Wellness Service, as a component of the Office of Student Affairs, addresses student health issues in both preventative and curative means. The Wellness Service providers include Shelby Lalich, Jeanne Dougherty and Beth Karmis. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.



Shelby Lalich, as the Fitness Coordinator, in addition to overseeing the day-to-day operation of the fitness center,

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provides a plethora of fitness related services. Personalized services include a variety of fitness assessment protocols, fitness counseling, equipment orientation, and workout program design. Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks during final exams, biweekly seated massage, and an health fairs.

Jeanne Dougherty, A.P.N., M.S., C.S., F.N.P., Nurse Practitioner and Institutional Health Officer, provides important acute medical care to our student community. As a primary care provider (in collaboration with a physician), Jeanne counsels students on prevention and wellness issues and is able to diagnose and treat most common acute illnesses. Referrals to specialists or care providers off-campus may be warranted. Fees incurred for laboratory services, pharmaceuticals and off-campus referrals are the student's responsibility. Jeanne provides infection control education, immunization information, and preventative health programming as well.

Beth Karmis, M.A., as the Director of Student Counseling and Enrichment Services, provides both psychological and academic counseling. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability to be successful here at ICO. Referrals to outside services are provided when appropriate/necessary. Fees for outside services are the student's responsibility. Academic enrichment programming, including tutoring services, study skills workshops, and one-on-one sessions are available throughout the year.

LOCKERS – IMPORTANT INFORMATION

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Thursday, September 4th**. After this date, the locker will become available for commuting first year students.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be reached at 312-949-7401 or kbrownfi@eyecare.ico.edu. Please contact her by **Thursday, September 4th** with your locker number or the locker will be made available to another student.

Master Calendar

The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflict and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in ***advance*** of any activity planned for the College community.

Facility – Lecture Center

Opie Nimon, Chief Engineer

The Lecturer Center rooms 1200, 1201, 1202 and 1203 can be configured in several different ways to accommodate varying group sizes. Each room has seating for approximately 160 people each. The room/s can be requested for an event/Lecturer by utilizing the room request form in the Student Affairs Office in ***advance***. The Facilities personnel are the ***only*** people that are trained and authorized to move the walls in the Lecturer Center. Do not attempt to move the walls and do not ask Security to move the walls. Moving the walls could be extremely

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dangerous for persons that are unfamiliar with the mechanics of their construction. If you have any questions about how the walls can be configured or occupancy please contact Opie at x7610.

ATTENDANCE

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Student Affairs Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

COURTYARD

Weather permitted, student organizations are welcome to use the Courtyard for various functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

Student Mail

All student mail addressed to the school should include your ICO Box Number along with your class year, for example:

John Doe, ___year
3241 South Michigan Avenue
Box #_____
Chicago, IL 60616

This will help expedite the sorting and delivery of your mail.

The mailroom hours are Monday through Friday, 8:30 am - 4:30 pm. Mail must be in the mailroom by 3:30 pm each day to be included in that day's outgoing mail.

The mailroom makes every effort to deliver mail to your mailboxes no later than 2:00 pm, however, we are occasionally delayed. Please be patient and you will have your mail no later than 4:00 pm. If you are expecting something important, please feel free to stop by the mailroom and check with us, we will be more than happy to help you.

The mailroom receives all incoming UPS packages. Fed Ex packages are delivered to Anthony's Desk at the Indiana entrance.

UPS is sent out Monday thru Friday at 2:15 pm. Fed Ex goes out each day at 3:30 pm. UPS must be paid for in cash on the day it is shipped, FedEx will be charged directly to your student account.

RULES AND REGULATIONS TO BE AWARE OF:

New Student Guide

You will receive a copy of the 2003 Student Guide during the first week of classes. Copies are available in the Student Affairs Office. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Use of Alcohol at ICO

Student organizations may not use alcoholic beverages in the educational, clinical, recreational or other facilities at ICO, unless the Dean for Student Affairs (Dr. Mark Colip) gives permission. Such permission (i.e. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

Facilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for compliance with City of Chicago ordinances.

Smoking at ICO

Please note that ICO is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

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PARKING GARAGE

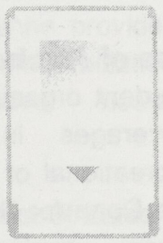
The parking spaces in the main entrance are for College visitors. Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing.

Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

STREET PARKING

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parking during cleaning hours. Always read the street signs in Chicago!

STUDENT I.D. CARDS TO BE WORN AT ALL TIMES



The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. Photo Identification Cards are issued to all students. Your I.D. number remains the same throughout your professional schooling at ICO. Photo identification cards are issued to all students and must be prominently displayed at all times while on college property. The front desk staff will check to make sure all students and staff are wearing their I.D. badges when they enter the building. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.

Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security immediately. For students, staff and faculty, a temporary badge will be issued from Security if the badge is forgotten.

If you loose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is $25. An application to purchase a spouse I.D> card may be obtained from the Student Affairs Office. The fee is $5.00 to be paid at the ICO Cashier. The application and receipt need to be submitted to the OneCard Office, Room 1013, in Brady Hall.

BOOKSTORE HOURS

Monday - Friday
9:30 am – 4:30 pm

CAFETERIA HOURS

Monday-Friday:
Breakfast - 7:30 am - 9:30 am
Lunch – 11:30 am – 2:00 pm
Dinner - 5:00 pm - 7:00 pm

Saturday Sunday
Brunch - 11:30 am - 2:30 pm

BULLETIN BOARDS

Interested in posting a notice on the appropriate bulletin board? Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:

AOA-PAC - outside the Bookstore
Campus event calendar - glass case outside Room 1200 (see Kathy in Student Affairs to get events posted)
Class Schedules - column outside the Student Affairs Office
Financial Aid - outside the Financial Aid Office
1st year academic related information - outside Room 1200
For sale items - above mailboxes
Housing (off campus) - President's Circle

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Lounge/Mailroom or in a binder in the Student Affairs Office
Jobs - column outside the Student Affairs Office (off campus), Financial Aid Office (work-study)
Note Service - south wall at library entrance
Part-time student job opportunities - column outside the Student Affairs Office
Registrar's information - column outside the Student Affairs Office
RC resident information - RC entrance
Student Association news, etc. - President's Circle Lounge
Schedules - column outside the Student Affairs Office
2nd year class - outside Room 1201
Social activities - mailbox area and class bulletin boards
Special events board - outside mailbox area
SVOSH - outside the Bookstore
3rd year class - outside Room 1202 (upper west entrance)
Work-study - outside Financial Aid

STUDY AREAS

There are several study areas located on campus designated for studying. Applicable locations and hours are given:

Library

Monday - Friday	8:00 am - midnight
Saturday	9:00 am - midnight
Sunday	10:00 am - midnight

Brady Cafeteria

Monday - Sunday	7:30 am - 3:00 am

President's Circle Lounge (Mail Foyer)

Monday - Sunday	24 hours

Laboratories

Monday - Friday	5:00 am - 11:00 pm
Saturday - Sunday	1:00 pm - 6:00 pm

**Pre-clinic Laboratory has special hours and usage guidelines. See your instructor or Dr. Baker.*

LOST AND FOUND

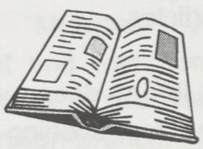
The lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

STUDENT ORGANIZATIONS

All student organization leaders need to submit a list of their newly elected officers for 2003-2004 to the Student Affairs Office as soon as possible.

Spotlight on the Library

by Kathryn Johnston



Library Hours (Normal School Year):

Monday-Friday	8:00 am-12:00 midnight
Saturday	9:00 am-12:00 midnight
Sunday	10:00 am-12:00 midnight

Library Hours (Labor Day weekend):
Fri, Aug. 29 - 8:00 am-5:00 pm
Sat.-Mon., Aug. 30 – Sept. 1 - CLOSED
Tue, Sept. 2 - 8:00 am-12:00 midnight (normal hours)

Welcome to the Class of 2007 and welcome back returning students!

The Library and its staff are here to help you. You will need your campus identification card in order to check out Library materials, including items on reserve. Library materials can be renewed online, if you obtain your Library user identification number and password from a library staff member.

The Library's website from on campus is: http://icolibrary/library.htm
Off campus, the Library's website is: http://library.ico.edu

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The Library often provides links to the full-text of articles from our website. Some of these articles require that the Library staff give you a password. The periodicals available full-text online are listed on the Library website under "Full Text Sources."

Circulation Policies	Time	Overdue Fine
Books (including recreational paperbacks), audio cassette tapes	4 weeks	$1.00/day
Videocassettes	1 week	$1.00/day
Journals and magazines	24 hours	$1.00/day
Digital camera/ laptop computer	24 hours	$1.00/hour
CD-ROMs	3 hours	$1.00/hour
Library study rooms	4 hours	
Reserve books and articles	3 hours	$1.00/hour

The Library does employ student workers, mostly for evening and weekend hours. Please contact Laurie Curtis in the Library workroom if you would like to apply for a position.

Good luck in the term and enjoy the Labor Day weekend! We look forward to seeing you in the Library!

Special Olympics Vision Screening

at the United Center – September 24th, 2003

The Medfest Special Olympic Vision Screening is quickly approaching. We expect this year's Medfest to be even bigger and better. We appreciated all your time and help last year and hope to see you this year September 24.

The Special Olympics Lions Club International Opening Eyes (SOLCIOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening. Those failing the screening will get a refraction and be fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOLCIOE will be providing vision screenings on September 24th from 8:00am to 2:00pm Chicago, IL at the United Center.

We need as many optometrists, opticians, students, family/friends as possible to volunteer their services. Every volunteer who has participated in the SOLCIOE Program has found it an invaluable learning and growing experience.

Please help us in making the SOLCIOE Program a success again by volunteering! If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91@aol.com. Please respond by September 10th.

Melissa Sigler, OD
(SOLCIOE Illinois Clinical Director)

IEI Festival Help

The IEI will have a tent at upcoming festivals in Chicago. We need help manning these booths to distribute promotional items and to answer questions. We gladly welcome any students who would like to help. Payment issues are being worked out but in the mean time we need to know who and how many we can count on for help. The events are:

1. **Viva! Chicago Latin Music Festival, Sat. and Sun., Aug. 23 - 24 in Grant Park**
2. **Chicago Celtic Festival, Sat. and Sun., Sept. 13-14 in Grant Park**
3. **Chicago Kid 'n' Kites, Sat. Sept. 20 at the Museum of Science and Industry**

Please contact Joyce Bugno at x7211 for additional information.

Ukraine Trip

Any students who may be interested in attending a mission trip to the Ukraine should contact Ms Susan Jackson, Executive Director of the Birmingham Rotary Club. Call 205-251-1995 for more information.

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10% Bookfair Discount!

The Bookstore will extend 10% Bookfair Discount through Friday, Aug 22nd, 2003 on **all** books. This will allow students time to access their requirements and purchase accordingly. Book purchases are final and all orders are scheduled to be filled in a timely manner. *If there is a delay, notification will be given immediately.*

Special thanks to the efforts of faculty, staff, Beth Karmis, Matthews Medical Books and Elseveir Science in making ICO's Annual Bookfair a success!
Beverly Barnes-Bookstore Coordinator

Faculty Update

Dr. Maino

Dr. Augsburger meets President of Rotary International

ICO President, Dr. Arol Augsburger, met with the new Rotary International President Jonathan B. Majiyabe at the Rotary Club of Chicago. President Majiyabe, visited the Chicago Rotary Club for the installation of Richard McKay as President of Chicago One, the birthplace of Rotary. Rotary International now has more than 30,000 clubs in 166 different countries.

ICO International

Drs. Janice Scharre and Janice Jurkus spent two weeks in Poland as part of a World Health Organization/World Council of Optometry program to determine the feasibility of assessing the incidence of refractive error in Eastern Europe. Watch for more details about this exciting program.

ICO active at AOA

Many of our ICO faculty were very active at the last AOA meeting. Drs. Arol Augsburger, Janice Scharre, Vince Brandys, Mark Colip, Al Rosenbloom and Dominick Maino acted as IOA Delegates in the AOA House of Delegates. Dr. Geoffrey Goodfellow represented ICO faculty on the Faculty Relations Committee of the AOA., while Dr. Dominick Maino gave a lecture on leadership basics as part of the AOA's Institute of Leadership program. Dr. Maino also assisted during the AOA poster session.

ICO held a reception that honored Dr. Lori Grover as past president of the ICO Alumni Association. ICO alumni, Dr. John Amos and Dr. Vic Connors were also honored at this reception. Dr. Amos has been appointed the new Dean at the UAB School of Optometry and Dr. Connors is now the President of the American Optometric Association.

On TV

Dr. Geoffrey Goodfellow was a guest on CAN-TV's, "Eye Have a Question", discussing pediatric vision care. He also presented a lecture about Pediatrics for primary care optometrists at the Midwest Vision Conference in Rosemont and was honored with a "Dare to Soar" award by the Dean at the recent Faculty Recognition Brunch.

IEI at ISVI

Drs. Geoffrey Goodfellow, Derrald Taylor, and Michael Zost made another trip to Illinois School for the Visually Impaired with the pediatric residents, low vision resident, and the 3 residents from West Side VA.

ICO Faculty Attracts Attention

Last summer an optometrist from Australia came to visit Dr. Dominick Maino because of his internationally known work with those who have developmental disability. This spring, Dr. Melissa Suckow, the Pediatric Resident from the New England College of Optometry, came to observe Dr. Maino at the Victor C. Neumann Developmental Disabilities Service. This clinic provides eye and vision care services for adults with disabilities. Dr. Suckow had an opportunity to obtain a better understanding of how to work with those with mental illness and mental retardation.

LV Doc Lectures in Germany

Dr. Tracy Machinski gave 12 hours of lecture of Low Vision Rehab to optometric students at a university in Bonn, Germany.

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Dr. Taylor Very Busy!

Dr. Derrald Taylor lectured at the regional meeting of the National Organization of Albinism and Hypopigmentation (NOAH) at the Woodfield Hyatt Regency, which was sponsored by the Il. Chapter of NOAH. Dr. Taylor, through the IEI Low Vision clinic, provided low vision examinations for the DuPage West Cook Special Education program to assist teachers of visually impaired, occupational therapists and other professionals working with children with multiple disabilities. He was also the Grand Marshal for the 2003 ICO Commencement. He also gave a talk regarding pediatric low vision services at the Il. School for Visually Impaired and attended a recognition dinner for C. D. "Doc" Brewer of the Jacksonville, Il. Lions Club in honor of his 60 years as a Lion.

Faculty Honored

Several faculty and residents were recognized for their achievements during a brunch held just before ICO's graduation. Those faculty included: Drs. Tracy Matchinski, Tricia Newman, Cherie Oshiro (5 years service), Sanford Gross (10 years), Stephen Beckerman and Gary Lesher (20 years), Brian Caden and Dennis Ireland (25 years) and Derrald Taylor (35 years of service). 15 ICO residents were also recognized for successfully completing their programs.

Presentations

Dr. Dominick Maino was a keynote speaker at a recent Metropolitan Chicago Chapter of Autism workshop for parents, teachers, and therapists. His lecture was entitled: "The Eye Care of Children with Disabilities". Dr. Maino also teamed up with the Cleinman Performance Network group to present a lecture on the office of the future at the O'Hara Hilton.

ARVO Poster Presentation

Daniel K. Roberts, OD, MS, Janis E. Winters, OD, David D. Castells, OD, Bruce A. Teitelbaum, OD, Cathy C. Alexander, OD "Krukenberg's Spindles and Pigmented Striae of the Anterior Lens Capsule: Two Highly Associated, Age and Gender Related Clinical Signs of Pigment Dispersal in a Predominantly Black Population "

Dr. Christine Allison lectured at our Summer Time Sunday ICO CE program on The Pediatric Exam and Topical Pharmaceutical Use. Other lectures were given by Drs. Janice McMahon (Ocular Emergencies), Tracy Matchinski (Low vision), Geoffrey Goodfellow (Prescribing for the Pediatric Patient), Patrick Kwong (Eye Disease), Sandford Gross (Primary Care), and Neil Hodur (Contact Lenses).

The Paperless Office

Dr. Dominick Maino gave 2 lectures to members of the Cleinman Performance Network at the O'Hara Hilton on technology in the optometric office.

Midwest Vision Congress

Dr. Elyse Chaglasian gave a lecture titled "8 Simple Rules for Refractive Surgery Co-management" at the Midwest Vision Congress in May.

Faculty Publications

Gable E., Brandonisio T. Ocular manifestations of Donohue's syndrome. Optom Vis Sci 2003;80)5):339-343

Teitelbaum B, Tresely D. Cystic maculopathy with normal capillary permeability secondary to docetaxel. Optom Vis Sci 2003;80(4)277-79

Scheiman M, Gallaway M, Frantz KA, Peters RJ, Hatch S, Cuff M, Mitchell GL. Nearpoint of convergence: Test procedure, target selection, and normative data. Optom Vis Sci 2003; 80: 214?225.

Maino D, Goodfellow G. ASCOTECH: Managing managed care in the classroom. Optom Ed 2003:28(4):113.

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Roberts DK. Digital infrared photography assists in the detection of iris and ciliary body cysts. J Glaucoma 2003;12:288-91.

ICO Alumni Awards

ICO is proud to announce that the following alumni and friends of the college have been recognized for their many contributions to the profession and ICO. Alumna of the Year Award: Mary Lou French, O.D., Alumnus of the Year Award: Gary W. Lasken, O.D., Distinguished Alumna Award: Leslie Pruden, O.D., Distinguished Friend Award: Michael Cohen, O.D, Excellence in Education Award: Anastas Pass, O.D., M.S. and Janice Jurkus, O.D., F.A.A.O., Humanitarian Award: Phil Ortiz, O.D., Lifetime Service Award: Howard Woolf, O.D., Professional Achievement Award: Victor Connors, O.D.

Special Olympics

Dr. Christine Allison organized the vision screenings at the Special Olympics Opening Eyes Program, which was held at the State Summer Games in Normal, IL. Almost 300 athletes completed a day and a half screening. Other ICO faculty who participated were: Drs. Sandy Block, Melissa Sigler, Dan Roberts, Kelly Frantz, Geoffrey Goodfellow, Christie Bartimus and Linda Bityou. ICO has several faculty actively involved in the Special Olympics Opening Eyes Program, including: Dr. Sandra Block (Director of Research/Education) and Drs. Christine Allison and Melissa Sigler (Illinois Clinical Directors).

Active in LV Support Groups

Dr. Derrald Taylor made a presentation to a low vision support group in the far south suburbs at their 20th anniversary dinner held in Matteson, IL. When the group first formed he served on their board of directors. This group has now expanded to include other chapters in Orland Park and other southern suburbs. If any optometrists in the south suburbs have a patient who could benefit from a support group activity, please contact Dr. Taylor.

AOA Poster Presentations

Perzy T, McMullen J, Hedquist C, Sears J. Effects of tinted lenses on CSF in Simulated Cataract Patients.

Roberts D, Wernick M, Lonconte D, Chan E. A new Infrared Imaging Technique helps Prove Diagnosis of Pigment Dispersion in Blacks who do not show Iris transillumination Defects via Traditional Methods.

If you have questions about how to participate in the AOA Poster Session during the AOA's annual meeting, please contact Dr. Dominick Maino (312-949-7280). Dr. Maino serves on the AOA Poster Committee.

American Optometric Foundation Awards 2003-04

William C. Ezell Fellowships

The AOF proudly announces the 2003 –2004 recipients of its William C. Ezell Fellowships. Ezell Fellows are selected on the basis of excellence in scholarship, research and teaching. The sponsors of for this year are: Baush & Lomb, CIBA Vision Corporation, Essilor of America, Ocular Sciences, Inc., and VISTAKON, Division of Johnson & Johnson Vision Care , Inc. and American Academy of Optometry's Section on Cornea & Contact Lens.

The AOF congratulates the following students:

AAO Section on Cornea & Contact Lens-Ezell Fellow:

Melissa Dian Baily – The Ohio State University College of Optometry

Baush & Lomb – Ezell Fellow:

Andrew T. E. Hartwick – Dalhousie University

CIBA Vision – Ezell Fellow:

Robert Wojciechowski – Johns Hopkins University School of Medicine

Cooper Vision – Ezell Fellow:

Srihari Narayanan – University of Houston College of Optometry

Essilor – Ezell Fellow:

Pete S. Kollbaum – Indiana University School of Optometry

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Ocular Sciences – Ezell Fellow:
Michael Twa – The Ohio State University College of Optometry
Vistakon – Ezell Fellows:
Sandra Block – Illinois College of Optometry
Susan Cotter – University of Southern California Keck School of Medicine
Contributed by Dr Flynn Roberts

CLASSIFIEDS

Second, Third & Fourth Year Students Human Anatomy Tutors
Dr. Trachimowicz
Hi there. Just in case you are looking for something stimulating to do to keep those "gray cells" active, consider: TUTORING FOR THE HUMAN ANATOMY COURSE. You could tutor lecture or lab material or both! Please let me know if you are interested (x 7180 or stop by my office to say hello or catch me in anatomy lab)! Thanks very much.
PS. it is a great review for the NBEO exam Part 1.

To All 4th Year Students Near ICO During Fall Quarter:
TAs are needed for Binocular Vision Disorders Laboratory. Review your vision therapy techniques and help out your 3rd year colleagues! Labs meet Monday through Thursday 9-12 and Wednesday 1-4. If your schedule does not allow you to attend lab, there are also positions available for at-home paper grading as well. Please contact Dr. Goodfellow at × 7285 or ggoodfel @eyecare.ico.edu if you are interested.

To 3rd and 4th year students:
Dr. David Lee needs several TAs for Binocular Vision labs starting 8/25.
Mon 2-4 pm, Tue 1-3 pm, Wed 1- 3 pm, Thur 1- 3 pm, Fri 2-4 pm
Please call him at ext.7174 or stop by his office ASAP !

4th Year TAs Needed:
Optometry 262.1 (BV and ACCOMMODATION) needs 4th years to TA on Tuesdays for labs from 1-2:50 and 3:00-4:50. Third years are in lecture so your help is really needed!! If interested, please notify Dr. Gabriel (Brady 2011, ext. 7313)

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Florida - William Chappell Daytona Beach Veterans Affairs Outpatient Clinic
Optometry Residency Program in Primary Eye Clinic – Daytona Beach, FL

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

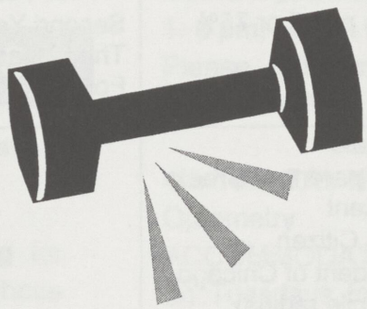
Scholarship	Who's Eligible	Amount	Deadline
A. H. Basman, OD Scholarship Manitoba Association of Optometrists	• Manitoba resident • GPA of 3.5 or 75%	First Year - $1,000 Second Year - $1,00 Third Year - $1,000 Fourth Year - $1,000	September 19, 2003
The Greek Women's University Club	• Female • One parent of Greek descent • USA Citizen • Resident of Chicago (50 mile radius)	varies	October 25 , 2003
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

The school year is finally here, and for most of you, that means stress, stress, and more stress. Some of you are already counting the days until graduation, while others of you are excited to get started on your way to becoming an optometrist. Whatever your situation, don't forget the importance of keeping your body healthy and your mind balanced. To help you reach your personal wellness goals, ICO currently offers the wellness services described below.



Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available.

Massage Therapy

Seated massage is available every other Thursday from 11 am - 2 pm. A nationally certified massage therapist is on hand to provide 10-, 20-, and 30-minute seated massages at a cost of $10 per 10-minute session.

Fitness Classes

The ICO Fitness Center offers a variety of fitness classes. The fall quarter classes will begin September 8. Schedules will be posted **on August 25** outside the gym, in the student newsletter, and around campus. Classes are held in the gym and are free to students, staff, and faculty. If you are interested in teaching fitness classes, please contact Shelby Lalich at x7460.

Work-study Jobs

The fitness center offers a limited number of workstudy positions to first-year students. If you are interested in working in the fitness center during the fall quarter, please call x7462 for more information.

Information Hotline

The ICO Fitness Center Information Line can be reached at x7462. The line is updated every Monday, and contains information on fitness center happenings for the week. If you have a sports- or fitness-related event you'd like to advertise on this line, please let me know.



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CooperVision

Soft Toric Contact Lens Workshop
On Sun Sept. 14th, 2003

Participants needed who:

- ❑ Require an astigmatic correction at least -0.75D AND
- ❑ would like FREE toric contact lenses,

Family and friends are welcome to sign up too!

For more details contact:

Dr. Wanda Lam
ext. 7148
email: wlam@eyecare.ico.edu

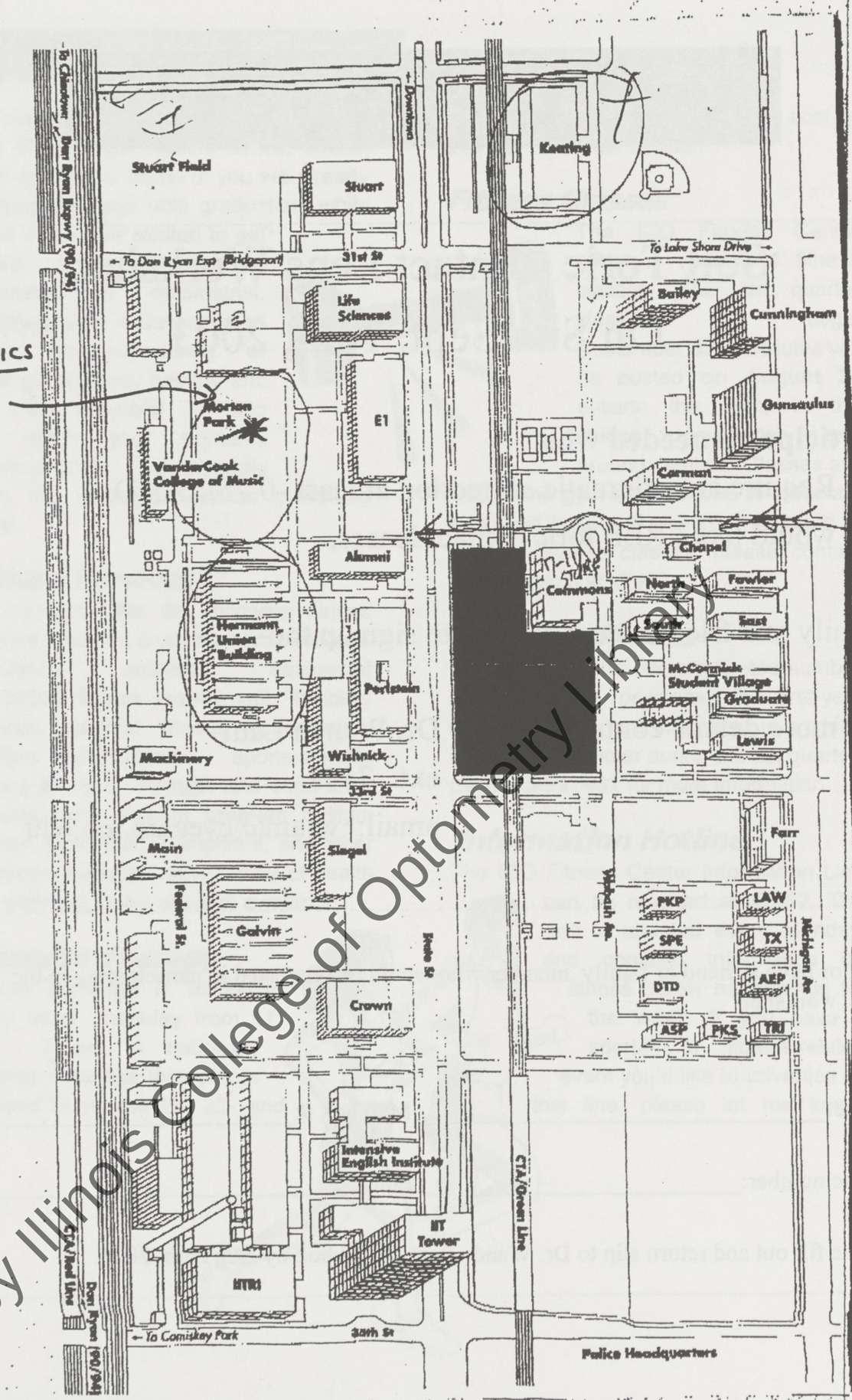
I am or have a friend or family member who would be interested in participating in the workshop

Name:_____ Mail box #:_____

Phone number:_____ Email: _____

Please fill out and return slip to Dr. Wanda Lam's mail box by Aug 25th, 2003.

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FOCAL POINT

ICO Student Newsletter **September 5, 2003**

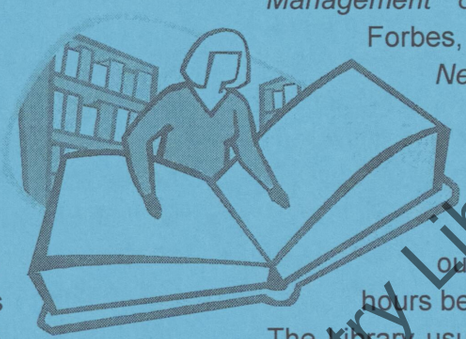
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out in September 19, 2003 and the submission deadline is September 17.

CAMPUS NEWS

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian



The Library acquired many new items during the summer break. The ICO Fitness Center donated a score of fitness video tapes that may be checked out for one week. The videos cover topics such as *Introduction to Yoga* (VTU 1448), *Shaping Up with Weights for Dummies* (VTU 1450), and the Winsor Pilates series (VTU 1437-1441). Check the Library's iLink online catalog for other videos!

Three new or revised volumes have come in for the Basic and Clinical Science course series published by the American Academy of Ophthalmology, including *Pediatric Ophthalmology and Strabismus* (RE46 .A6 2003 v.6), *Update on General Medicine* (RE46.A6 2003 v.1) and *International Ophthalmology* (RE46.A6 2003 v.1). They are very useful for overviews of the subject, studying for board exams, or continuing education.

A new edition has arrived of Brooks' *Essentials of Ophthalmic Lens Finishing* (RE962.B74 2003) as well. It would be useful for those interested in the creation or dispensing of eyeglasses. Other books include *The Dry Eye: a Practical Approach*, by Sudi Patel (RE216.D78P38 2003), *Medical Management of Glaucoma* by Tsai and Forbes, and *Clinical Pathways in Neuro-Ophthalmology* by Lee and Brazi (RE910.L4 2003).

Reserve books and readings may be checked out overnight beginning three hours before the Library's closing time. The Library usually closes at midnight, which means most days reserve items may be checked out overnight any time after 9:00pm on a first come, first served basis. The reserve items then are due within an hour of the Library's opening the next day, i.e. they are due by 9:00am on week days, 10:00 am on weekends.

During school breaks or for holidays, the reserve items are due the first hour on the next day the Library is open. So for instance, for the Labor Day holiday, the reserves could be checked out any time after 2:00 pm on Friday, and would be due Tuesday morning by 9:00 am.

Congratulations First Year Class Representatives.

The new First Year Class Representatives are Ali Harapiak and Shauna Lushko. Please give them your support.

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NOSA Officers 2003 -2004

New officers for the National Optometric Student Association at ICO are:
Samantha Hair – President
Jason Blowe – Vice President/President Elect
Ramona Baumfalk – Corresponding Secretary
Katerin Melendez – Recording Secretary
Tara Van De Wyngaerde – Treasurer
Nhat Le – Parliamentarian
Congratulations!

ICO Business Cards and Lapel Pins

Show your ICO professionalism with lapel pins and personal business cards! These are great tools for networking at IOA, NOA/NOSA, AOA/AOSA, AAO, COVD conferences and various ICO sponsored events. Get your lapel pins and business cards on September 8-12 outside Lecture Hall 1200, from 11:00 am – 2:00 pm. The pins and cards will be delivered the week of October 6th, before the 2003 IOA Convention! This is a fundraiser for the National Optometric Student Association (NOSA). Questions? Email nosa_ico @yahoo.com.

2003 Summer High School Recruitment Program

Did you know ICO is actively recruiting for the entering class of 2012? That's right! Every summer ICO students spend time giving tours and teaching high school students about the exciting career choice of Optometry. This year we had groups from various national, regional, and local organizations. During their day at ICO, students learned about entrance tests, keratometry, slit lamp, eye diseases, and how glasses are made. It was a total success due to the following faculty, staff, and students. We thank you and can't wait to make the summer 2004 High School Recruitment Program even better. The Office of Admissions sends great appreciation to:
Faculty/Staff:
Dr. David Lee, Dr. John Baker, Dr. Ruth Trachimowicz, Dr. Rebecca Zoltoski, Dr. Gary Gunderson, Alin O'prea, Anthony Barone, Nancy DeMaso, Kathy Brownfield, Sharon Uher
Tour Guides and Optometric Assistants:
Jenessa McGuire, Joel Sollom, Ramona Baumfalk, Vikas Kumar, Tristan Brown, Mike Lock, Kelly McKinney, Jason Blowe, Jessica Tran, Rezah Mohamed, Luis Lewis, Tonya Reynolds, Liz Chu, Angie Ghanayem, Kent Godfrey, Brandy Youngwirth, Brian Gill
Ramona Baumfalk- 2003 High School Coordinator

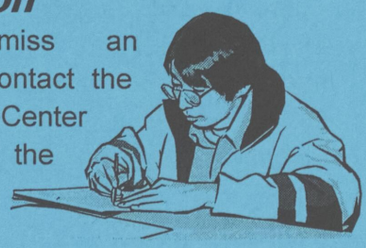
Lions Club on Campus

On Thursday, Sept. 11 at 7pm in Room 1200, Dr. Dennis Cobler will be on campus to do a presentation for Student Association leadership and any interested students, staff and faculty on forming an ICO Lions Club.

Dr. Cobler is driving in from his practice in Muskegon, MI and will be joined by other Lions. He is a past International Director and hopes to run for International President soon. Dr. Cobler recently started a successful student chapter at Michigan College of Optometry.

All faculty/staff Lions are encouraged to attend. Dr. Cobler can be reached at 231-726-4234.

Request for Approval of Make-Up Examination



Students who miss an examination must contact the Academic Support Center within 24 hours of the scheduled examination time.
If at all possible the student should contact the Academic Support Center (x7130) the day of the absence.

Immediately upon return to campus the student must submit a request for make-up examination to the appropriate Department Chair. The request form is available in the Academic Support Center, which is located within the Academic Administration Office Suite (1800).

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The appropriate Department Chair reviews the request, including the reason for the absence. If appropriate the Department Chair approves the absence and makes a decision regarding the assessment of a fee.

When granted, the request is forwarded to the Academic Support Center. The Academic Support Center personnel are responsible for scheduling the date, time and place of the make-up examination. The student is contacted when these arrangements are made.

Make-up examinations, including final examinations, are not given prior to an approved absence.

The format of the make-up examination is at the discretion of the course instructor; however, no other activity may be substituted for an examination without the approval of the appropriate Department Chair. The student is responsible for contacting the course instructor regarding the format of the make-up examination after receiving notification that the request for a make-up has been approved.

NIH Loan Repayment Programs Are Now Accepting Applications

Starting Monday, September 1, 2003, NIH will accept applications for its five Loan Repayment Programs.



National Institutes of Health Loan Repayment Programs (LRPs) can repay up to $35,000 a year of qualified educational debt for health professionals pursuing careers in clinical, pediatric, contraception and infertility, or health disparities research. The programs also provide coverage for Federal and state tax liabilities.

Applicants must have a doctoral-level degree, devote 50% or more of their time to nonprofit- or government-funded research, and have educational debt equaling at least 20% of their institutional base salary. U.S. citizens, permanent residents, or U.S. nationals may apply.

The NIH Loan Repayment Programs are a vital component of our nation's efforts to attract health professionals to research careers in areas of national need. The programs are the Clinical Research LRP, Pediatric Research LRP, Contraception and Infertility Research LRP, Clinical Research for Individuals from Disadvantaged Backgrounds LRP, and Health Disparities Research LRP.

All applications for 2004 awards must be submitted by December 31, 2003.

Visit www.lrp.nih.gov for further information and to apply online.



Special Olympics Vision Screening

at the United Center – September 24th, 2003

The Medfest Special Olympic Vision Screening is quickly approaching. We expect this year's Medfest to be even bigger and better. We appreciated all your time and help last year and hope to see you this year September 24.

The Special Olympics Lions Club International Opening Eyes (SOLCIOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening. Those failing the screening will get a refraction and be fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOLCIOE will be providing vision screenings on September 24th from 8:00 am to 2:00 pm at the United Center.

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We need as many optometrists, opticians, students, family/friends as possible to volunteer their services. Every volunteer who has participated in the SOLCIOE Program has found it an invaluable learning and growing experience.

Please help us in making the SOLCIOE Program a success again by volunteering! If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91@aol.com. Please respond by September 10th.
Melissa Sigler, OD
(SOLCIOE Illinois Clinical Director)

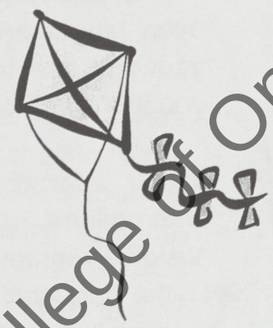
IEI Festival Help

The IEI will have a tent at upcoming festivals in Chicago. We need help manning these booths to distribute promotional items and to answer questions. We gladly welcome any students who would like to help. Payment issues are being worked out but in the mean time we need to know who and how many we can count on for help. The events are:

1. **Chicago Celtic Festival, Sat. and Sun., Sept. 13-14 in Grant Park**

2. **Chicago Kid 'n' Kites, Sat. Sept. 20 at the Museum of Science and Industry**

Please contact Joyce Bugno at x7211 for additional information.



Student Organizations

All student organization leaders need to submit a list of their newly elected officers for 2003-2004 to the Student Affairs Office as soon as possible.

Lockers – Important Information

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

Bulletin Boards

Students, Faculty and Staff, please use the bulletin boards, e-mail and the scrolling screen for club announcements, posters, etc. rather than using the walls, doors, windows, etc. The past few years we've made some great strides towards this end. Using bulletin boards properly helps keep everyone trained of where to find information when they need it, but yet doesn't clutter our surroundings with unnecessary duplicate messages.
Thanks for your help.
Mark Colip, OD.

Master Calendar

The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflict and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in ***advance*** of any activity planned for the College community.

Street Parking

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parking during cleaning hours. Always read the street signs in Chicago!

Student I.D. Cards to be Worn at all Times



The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.

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CLASSIFIEDS

TO: All Students
FROM: Dr. Trachimowicz
RE: Illustrations

I am in need of one or two work study students with artistic talent (i.e. can definitely draw beyond the "stick figure level") to help create some illustrations (mainly line drawings) for my ocular anatomy lecture notes next quarter (or histology notes in the spring).

If interested please contact me via email (RTrachim@ICO.edu), voicemail (X 7180) or a note in my mailbox.

Thanks in advance.

Library Help

The library needs 1-3 people to open the library at 7 am on Quiz days. The person is responsible for opening the library; turning on the computers and staffing the circulation desk until the full time staff arrive at 8 am. You will have time to get to the exam. If you are a morning person, and want to be here at 7 am every day that there is a quiz, we want to hire you. If you only want to be here at 7 am when your class is having a quiz, then we may need one person from each class to sign up to work. Please help your fellow students and earn money too! Contact Laurie Curtis, ext 7151.

Second, Third & Fourth Year Students
Human Anatomy Tutors
Dr. Trachimowicz

Hi there. Just in case you are looking for something stimulating to do to keep those "gray cells" active, consider: TUTORING FOR THE HUMAN ANATOMY COURSE. You could tutor lecture or lab material or both! Please let me know if you are interested (x 7180 or stop by my office to say hello or catch me in anatomy lab)! Thanks very much.

PS. it is a great review for the NBEO exam Part 1.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

AOSA Heath Insurance

AOSA Student Injury

&

Sickness Insurance Brochures

are available in the Student Affairs Office

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S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
A. H. Basman, OD Scholarship Manitoba Association of Optometrists	• Manitoba resident • GPA of 3.5 or 75%	First Year - $1,000 Second Year - $1,00 Third Year - $1,000 Fourth Year - $1,000	September 19, 2003
Dr. Leslie Mintz Scholarship Foundation **New Jersey Society of Optometric Physicians** (Look under Mintz)	• Resident of NJ • Financial Need	varies	October 3, 2003
The Greek Women's University Club	• Female • One parent of Greek descent • USA Citizen • Resident of Chicago (50 mile radius)	varies	October 25 , 2003
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

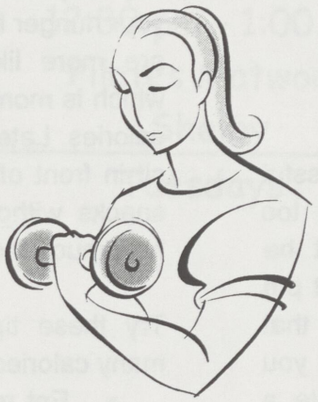
The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Fall Group Fitness Classes

The fall group fitness classes will begin Monday, September 8. All classes are held in the gym and are free to students, faculty and staff. Please check the bulletin board outside the gym for class descriptions.



Making Strides Breast Cancer Walk

Breast cancer is not just a women's issue. It could affect any one of us- our mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slalich@eyecare.ico.edu for details.

Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Take advantage of two great back to school special offers. All first time clients receive 20 minutes for $15 dollars (regular cost is $1 per minute). Also, past clients can refer a new client and receive 5 free minutes. These minutes may be redeemed after the referral massage has taken place. Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, September 11 and Thursday, September 25.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat

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analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Evening Eating

It is 8:30 pm and after a busy, stressful day you realize you haven't eaten too much. What should you do? Don't be fooled by the myth that eating after 8 pm causes weight gain. The truth is that weight gain is caused by how much you eat, not when you eat. If you create a balance between the total amount of calories you consume each day and the number you burn through activity, it doesn't matter what time you have your meals and snacks. This myth about late night eating may have developed from the tendency for people to eat more late in the day. If you skipped meals during the day, your hunger has probably built-up and you are more likely to eat something fast, which is more than likely higher in fat and calories. Late at night is also when people sit in front of the television and graze on snacks without giving too much thought how much they are consuming.



Try these tips to avoid consuming too many calories late in the day:

- Eat regular meals during the day, including breakfast.
- If you haven't eaten in more than 4 hours, have a snack to prevent overeating at your next meal.
- Avoid eating while watching television. If you are hungry, choose a healthy snack and move away from the television while you eat.

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Fall Quarter Fitness Class Schedule

Effective Monday, September 8, 2002

Mondays:

12:30 pm - 1:00 pm
Pilates Matwork
Shelby

Tuesdays:

9:30 am - 10:30 am
Jazz Hip Hop Combo
Melissa

12:30 pm - 1:00 pm
Beginner Abs
Ferine

12:00 pm - 12:30 pm
Lower Body Sculpt
Shelby

6:00 pm - 7:00 pm
Hatha Yoga
Ramona

Wednesdays:

7:00 am - 8:00 am
Circuit Conditioning
Shelby

1:00 pm - 2:00 pm
Muscle Conditioning
Shelby

12:30 pm - 1:00 pm
Pilates Matwork
Shelby

7:30 pm -8:30 pm
Body Sculpting
Beth

Thursdays:

7:00 am - 8:00 am
Muscle Conditioning
Shelby

12:30 pm - 1:00 pm
Int/Adv Abs
Ferine

5:15 pm - 6:00 pm
Step and Tone
Erica

12:00 pm - 12:30 pm
Cardio Blast
Shelby

6:00 pm - 7:00 pm
Hatha Yoga
Ramona

Fridays:

6:30 am - 7:00 am
Int/Adv Abs
Ferine

5:00 pm - 6:00 pm
Body Sculpting
Beth

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FALL QUARTER, 2003
EXAM SCHEDULE

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
	PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME		
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Sept 4 TH	BHS 114 Human Anatomy **Room 1200-1203**		
Sept 5 F		CLE 270.1 Ophthalmic Optics **Room 1200-1203**	
Sept 8 M	BHS 116 Human Physiology **Room 1200-1203**		
Sept 9 T		BHS-254.1General Pharmacology **Room 1200-1203**	
Sept 10 W			BHS 360.1 Clinical Medicine **Room 1200-1203**
Sept 11 TH	BHS 120.1 Geo & Theo Optics **Room 1200-1203**		
Sept 12 F		CLE 262.1 Optometry 2.1 **Room 1200- 1203**	CLE 375 Binocular Vision Disorders **Room 1201-1202**
Sept 15 M	BHS 140.1 Sensory Aspects of Vision **Room 1200-1203**		
Sept 16 T		BHS 212 Ocular Physiology **Room 1200-1203**	
Sept 17 W	BHS 150.1 Biochemistry **Room 1200-1203**		
Sept 18 TH			CLE 365.2 Contact Lenses II **Room 1200-1203**
Sept 19 F	BHS 114 Human Anatomy **Room 1200-1203**	BHS 244 Binocular Vision **Room 1201-1202**	
Sept 23 T	BHS 120.1 Geo & Theo Optics **Room 1200-1203**	CLE 270.1 Ophthalmic Optics **Room 1201-1202**	
Sept 25 TH			BHS 363.2 Ocular Disease III **Room 1200 - 1203**
Sept 26 F	BHS 116 Human Physiology **Room 1200-1203**	BHS-254.1General Pharmacology **Room 1201-1202**	
Sept 29 M	CLE 162.1 Intro to Optometric Procedures **Room 1200-1203**		
Sept 30 T		CLE 262.1 Optometry 2.1 **Room 1200- 1203**	
Oct 1 W	BHS 150.1 Biochemistry **Room 1200-1203**		
Oct 3 F	BHS 140.1 Sensory Aspects of Vision **Room 1200-1203**		CLE 375 Binocular Vision Disorders **Room 1201-1202**
Oct 6 M		CLE 270.1 Ophthalmic Optics **Room 1200 - 1203**	
Oct 7 T	BHS 114 Human Anatomy **Room 1200-1203**		BHS 360.1 Clinical Medicine **Room 1201-1202**
Oct 9 TH		BHS-254.1General Pharmacology **Room 1201-1202**	
Oct 10 F	BHS 116 Human Physiology **Room 1200-1203**		CLE 365.2 Contact Lenses II **Room 1201-1202**
Oct 14 T	BHS 120.1 Geo & Theo Optics **Room 1200-1203**	BHS 212 Ocular Physiology **Room 1201-1202**	
Oct 16 TH			BHS 363.2 Ocular Disease III **Room 1200 - 1203**
Oct 17 F	BHS 150.1 Biochemistry **Room 1200-1203**	CLE 262.1 Optometry 2.1 **Room 1201-1202**	
Oct 20 M	BHS 140.1 Sensory Aspects of Vision **Room 1200-1203**		
Oct 21 T		BHS 244 Binocular Vision **Room 1200-1203**	

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ILLINOIS COLLEGE OF OPTOMETRY FALL, 2003

SCHEDULE OF FALL QUARTER FINAL EXAMS

September 4, 2003

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OCTOBER 25	October 27	October 28	October 29	October 30	October 31	November 1
9:00 – 11:00	BHS 114 Human Anatomy	BHS 244 Binocular Vision	BHS 140.1 Sensory Aspects of Vision		BHS 212 Ocular Physiology	BHS 120.1 Geo and Theo Optics	CLE 162.1 Optometric Procedures
11:30 – 1:30	BHS 254.1 Pharmacology	BHS 150.1 Biochemistry	CLE 262.1 Optometry 2.1		BHS 116 Human Physiology	CLE 270.1 Ophthalmic Optics	
1:45 – 3:45		BHS 363.2 Ocular Disease III	CLE 375 Binocular Vision Disorders		BHS 360.1 Clinical Medicine		
2:30 – 4:30	CLE 365.2 Contact Lenses II						

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE MONDAY, NOVEMBER 3 AND TUESDAY, NOVEMBER 4.

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FOCAL POINT

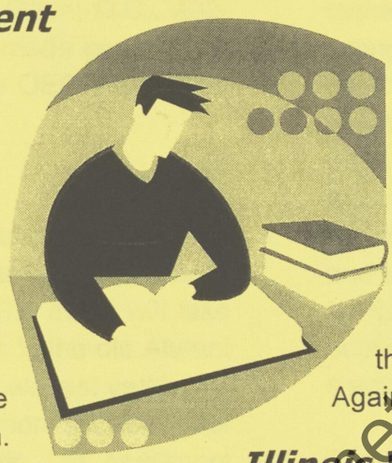
ICO Student Newsletter **September19, 2003**

Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out in October 3, 2003 and the submission deadline is October 1.

CAMPUS NEWS

Study Skills Enhancement Session



Are you… cramming for exams?
Not getting the outcomes (i.e. understanding, retentional, good grades) you want?
Feeling overwhelmed?

If you'd like to change what you're doing, but don't know where to start – consider attending the Study Skills Enhancement Session.

It will take place on Friday, September 26th, from 4:00 – 5:00 pm in the Admissions Welcome Center (directly across from the Bookstore).

We will talk about taking an ACTIVE APPROACH to learning. This approach includes time management techniques and strategies to "get more" from the time you are studying and attending lectures & laboratories. We'll talk about how to maximize resources available to enhance your academic performance. Since academic success is also built upon positive attitudes and beliefs, we'll discuss how to develop or nurture them.

If you have questions or if you plan to attend, reserve your place by calling Beth Karmis, Director of Student Counseling & Enrichment Services at ext. 7415.

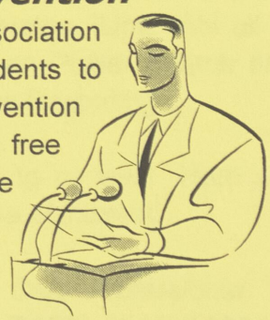
Thank You from NOSA

The National Optometric Student Association would like to thank everyone for supporting us in our first fundraiser of the year. Your business card orders will arrive the week of October 6, 2003. Again, thanks for everything.

Illinois VOSH

Are you interested in attending a Mission Trip? Illinois VOSH is having two informational meetings for interested students or optometrists. The first meeting will be held on Sunday, October 26th from 12 pm – 2 pm at the Hyatt in Oakbrook, IL and the second meeting will be held November 2nd at the Crown Plaza Hotel in Springfield, IL. For further Information call 1-877-SEE-WELL.

IOA Statewide Convention



The Illinois Optometric Association invites and encourages students to attend their statewide convention and meeting. Registration is free to all students who attend. The convention and meetings are occurring Friday, October 10th until Sunday, October 12th. It will be held at the Wyndham Hotel in Itasca, IL. Additional

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information and registration forms are available in the Student Affairs Office. Students are encouraged to attend the ICO/IOA awards reception, entertainment and exhibit hall, which is open Friday and Saturday afternoon.

Regional Clinical Seminar

Sight and Insight in Autism seminar will be presented by Melvin Kaplan, O.D. It will be held at the Helen F. Spencer Building at St. Luke's Hospital, 4401 Wornal, The Plaza, Kansas City, MO. The dates are September 20, 2003, 8:30 am – 5 pm and Sunday, September 21 from 8:30 am - 4 pm. There is no charge for students to attend this seminar. Please contact Kerri Dietz Pillen, O.D., 402-291-6133. This meeting is made possible by the Financial support of the OEP Foundation and its associates.

BOO Bash!!!

Trick or Treat! The annual Boo Bash celebration is coming up! Mark your calendars for Saturday, October 4th. The event will take place at the Apartment (this is the old Alumni Club where the party was held last year). We will be selling $5 tickets when the time gets near, which will get you into The Apartment and 3 hours worth of refreshments. More information will be announced to each class and posted around the school real soon. There are several prizes for best costumes, so get your imaginations flowing and remember to mark your calendars for Saturday, October 4th!

Note from Class Reps

- Please be courteous towards other students during exam times by remaining in your seat until exams are collected and quietly exiting the testing center.

- Please pick up after yourselves (cups & trash) in the lecture center.

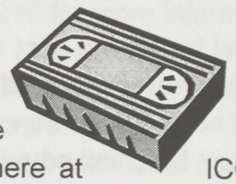
Thank you!

Information Systems Update -

From 2:00 PM on Saturday, September 20, 2003 through 6:00 AM Monday, September 22, 2003, all ICO Computer systems (including printing) will be down due to the replacement of the main server. This includes the library and labs in the RC. There should be no impact on the Internet access from the RC. We apologize for the inconvenience.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian



The Library tapes the classroom lectures here at ICO and makes them available for students. We cannot guarantee that we will always get a good copy of the lecture. Be aware that the recordings do not substitute for attending class, but they can help with studying. In order to get copies, bring blank 60 minute tapes to the second floor media desk of the Library and indicate which lectures you need copied on the two-part form. Within 24 hours, your duplicates will be ready to be picked up at the media desk.

The Library has other audio tapes available as well. We subscribe to a bi-monthly series called the Audio Digest of Ophthalmology. The tapes include expert lectures on topics such as new developments in glaucoma research and diagnosis, risk management, reducing your risk of a law suit, practice pearls, neuro-ophthalmology, and other topics to help vision professionals improve their skills and knowledge base. The tapes are designed to be played while commuting, and can be checked out for a month at a time. The Library's online catalog, iLink, lists all of our tapes if you click on Power Search and then choose type: Audio Recordings.

New books keep arriving as well! Here are some titles that might be of interest:

Managing the Health Care Professional, by Charles R. McConnell. RA971.35.M28 2004

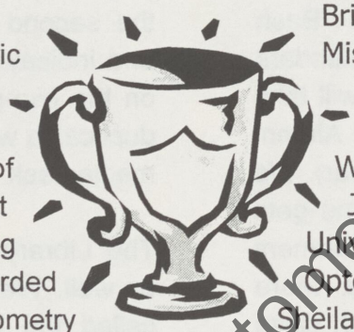
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Visual Impairments: Determining Eligibility for Social Security Benefits, RE91.V525 2002
How to Select and Implement the Right Computer for your Ophthalmic Practice: a Step by Step Guide, by Susan and David Jones. RE79.E38 J6 2002
Clinical Neuroanatomy, Made Ridiculously Simple, 3rd ed. by Stephen Goldberg. QM451.G6 2003
Ocular Neuroprotection, edited by Leonard A. Levin, Adriana Di Polo. RE871.N48 2003

The new books are kept on separate shelves near the first floor photocopier for several months so they can be more easily browsed. They may be checked out for four weeks like regular books.

Good luck in your studies and we look forward to seeing you in the Library!

2003 VISTAKON® Award of Excellence Recipients



The American Optometric Foundation (AOF) is pleased to announce the recipients of the 2003 VISTAKON® Award of Excellence in Contact Lens Patient Care. A $1,000 cash award, along with a personalized plaque, is awarded to graduating fourth year optometry students who demonstrate excellence in clinical contact lens patient care during their optometric education.

This prestigious award is presented to one student at each of the schools and colleges of optometry in the U.S., Canada and Puerto Rico. Recipients are selected by the faculty or awards committee at each institution. The 2003 winners are:

Kristy Genuario – Illinois College of Optometry
Creston Myers – Indiana University School of Optometry
Dean VanNasdale – Michigan College of Optometry at Ferris State University
Kristin Kenney – The New England College of Optometry
Joanna Chamberlain – Northeastern State University College of Optometry
Chadwick Brewer – Nova Southeastern University College of Optometry
Meghan Geiger – The Ohio State University College of Optometry
Pamela Joyce Yen-Cha Wong – Pacific University College of Optometry
Cherie Ann Del Vecchio – Pennsylvania College of Optometry
Joseph Carson Maycock – Southern California College of Optometry
Jaime Watkins – Southern College of Optometry
Helen Kim Gardiner – SUNY State College of Optometry
Candice Irene Turner – University of Alabama-Birmingham School of Optometry
Yolanda Scheer – University of California-Berkeley School of Optometry
Phillip B. Brunson – University of Houston College of Optometry
Brian Matthew Ross – University of Missouri-St. Louis College of Optometry
Davis Shumsky – University of Waterloo College of Optometry
Juan D. Morales – Inter American University of Puerto Rico School of Optometry
Sheila LaPlante – Université de Montréal d'Optométrie

$250 Reward

For information leaning to the identification of the person responsible for the following vandalism. On Wed. Sept. 9, 2003 between 12:00 PM and 8:00 PM a faculty member's black BMW had 2 tires slashed. The vehicle was not parked in the faculty spaces, it was parked just around the turn on the ramp between the 2nd and 3rd level.

Please see Mr. John Krystyniak (head of ICO security) with information. Any assistance is appreciated.

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CLASSIFIEDS

Proofreaders needed!
Need a little extra cash? The library is looking for one or two VisionCite proofreaders to verify the VisionCite data entries. Training provided. Contact Gerald Dujsik or Laurie Curtis in the library.

Translator Needed
Dziekuje bardzo. If you can translate that, your language skills are needed. We are looking for a person to translate a document from Polish to English that describes a course curriculum. If you can help, please contact Dr, Jan Jurkus at ext. 7248 or via email (jjurkus@eyecare.ico.edu). You will get paid for doing the translation.

To: All 3rd and 4th Year Students
From: Dr. Pihos
Re: TAs for Optometry 1.2 Lab
Dr. Pihos and Dr. Castells are looking for 3rd and 4th year students to TA Optometry 1.2 Lab for winter quarter. A sign-up sheet for those interested will be posted on Dr. Pihos' office door, #2254 in faculty suite B. The TAs will be chosen once winter quarter schedules are distributed and availability is known. Please sign up as soon as possible for priority. Contact Dr. Pihos with any questions at extension x7306 or apihos@eyecare .ico.edu.

Workstudies needed:
Where: Cornea Center for Clinical Excellence
Duties: confirm patients, pull contacts, verify contacts, assist with complimentary lens orders, maintain trial lens sets, assist with lens returns
Contact: Carol at x7240 for more information

Research Assistant Needed
Contact lens studies are underway.
Assistant needed to help with data collection and entry. Must be proficient with Microsoft office. Contact Dr. Reeder for more information at 312-949-7297 or rreeder@ico.edu

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
A. H. Basman, OD Scholarship Manitoba Association of Optometrists	• Manitoba resident • GPA of 3.5 or 75%	First Year - $1,000 Second Year - $1,00 Third Year - $1,000 Fourth Year - $1,000	September 19, 2003
Dr. Leslie Mintz Scholarship Foundation **New Jersey Society of Optometric Physicians** (Look under Mintz)	• Resident of NJ • Financial Need	varies	October 3, 2003

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2003 Petry-Lomb Scholarship/Research Grant Rochester (New York) Optometric Society	• New York state resident	$2,500	October 15, 2003
The Greek Women's University Club	• Female • One parent of Greek descent • USA Citizen • Resident of Chicago (50 mile radius)	varies	October 25 , 2003
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Fall Group Fitness Classes

A few minor changes have been made on the fall group fitness class schedule. Please check the bulletin board outside the gym for more details.

Making Strides Breast Cancer Walk

Did you know the five-year survival rate for breast cancer is 96 percent when the disease is found in its earliest stages? The American Cancer Society strives to bring awareness of early detection to all women, so fewer will lose their lives. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slalich@eyecare.ico.edu for details.

Upcoming Area Runs

Here are a couple runs in Chicago:

AIDS 5K Run/Walk

Saturday, September 20 at 10:00 am
Arvey Field, Columbus & Roosevelt Road
Log onto http://www.aidschicago.org/runwalk for registration information

Chicago Dog Jog

Sunday, September 21 at 9:00 am
Montrose Harbor - Lincoln Park, Chicago
Log onto http://www.caprievents.com for registration information.

Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

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Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Take advantage of two great back to school special offers. All first time clients receive 20 minutes for $15 dollars (regular cost is $1 per minute). Also, past clients can refer a new client and receive 5 free minutes. These minutes may be redeemed after the referral massage has taken place.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, October 9.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

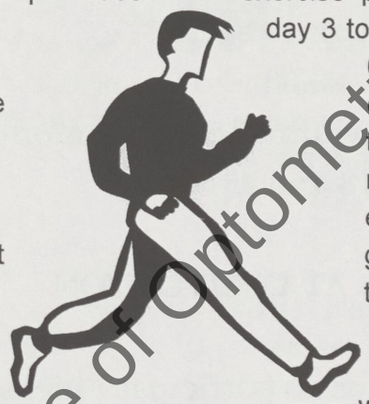
FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Doubling the Prescription

Most of you have probably heard by now that the National Academies' Institute of Medicine raised the recommended exercise prescription from 30 minutes a day 3 to 5 times a week, to a whopping 60 minutes each day. For those of you who were having a hard time squeezing in the 30 minutes, this increase might be enough to make you want to give up. Before you throw in the towel, take a minute to reexamine the recommendations and what works for you. To begin with, the Institute proposes that the 60 minutes of daily activity can be accumulated through moderate-intensity activity, such as walking at 4 miles per hour or other lifestyle activities. You could also do a higher-intensity activity for 30 minutes to reap the same benefits. Still, if this seems unattainable for you aim to be as active as you can be. Don't let the recommendations discourage you.



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Illinois
Eye Institute

Contact Lens Study

PARTICIPANTS NEEDED

Must meet the following requirements:

- Current soft contact lens wearer
- Far-sighted: +1.00 to +6.00
- Had a full eye exam within the last 18 months
- Between the ages of 18 and 45

COMPENSATION: $75 AT COMPLETION

For more information or to participate, please call Dr. W. Lam or Dr. Reeder at (312) 949-7316.

Alternative: wlam@eyecare.ico.edu

Please respond by Sept 30, 03 if interested.

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FOCAL POINT

ICO Student Newsletter **October 3, 2003**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out October 17, 2003 and the submission deadline is October 15.

CAMPUS NEWS

ICO Academic/Institutional Calendar Information



Because we developed the calendar two years in advance, we were not able to anticipate some events that may change. Therefore, please note the following event that will not occur in October that was indicated on the extended calendar: Friday, October 17th, we will **not** hold Oktoberfest/State of the College Address. We will **not** cancel classes or labs.

Board Student Affairs Committee Meeting

On Thursday, October 9th from 7:30 – 8:30 a.m. in the Library Conference Room, the Board Student Affairs Committee will be holding a meeting. All students are welcome to attend this meeting and offer their input. Please let Sharon Uher, in the Student Affairs Office, know if you plan to attend.

Bookstore News

Beverly Barnes

Thanks to all who participated and attended the 2003-2004 Greater Chicagoland Equipment Exposition sponsored by the ICO Bookstore.

Contact information for the participants of this years expo were included in the booklet distributed during the Expo and can currently be picked up in the ICO Bookstore.

Apologies to Lombart Instrument Company for being overlooked and not listed in our Expo Booklet. Paul Cozzolino, the representative for Lombart, displayed products from all the leading manufacturers of ophthalmic equipment. Products included in the exhibit were Binocular Indirect Ophthalmoscopes, Diagnostic Sets as well as other traditional products.

Contact info: 5358 Robin Hood Road, Norfolk, VA 23513, (757) 853-8888, Fax (757) 855-1232.

Orders placed after the Expo are being processed and delivery is scheduled for Winter 2003.

Volk Lenses are available in the Bookstore for purchase. The new 1.1 Digital Lens can be substituted for your 78D purchase, per faculty feedback and responses. Please note that this option cost is approximately $80.00 more than your 78D.

Volk has agreed to supply our students with custom multi-lens cases. Please look for a mailing to go out soon that will explain the details. Also, the bookstore is seeking assistance from our class reps to assist in the collection and distribution of cases. Please see Beverly for details.

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Comments and suggestions are always welcomed in all areas servicing our student needs. Please take time to complete a Commitment to Service Survey available in the Student Affairs Office, Financial Aid office and the Bookstore.

Thanks again for your continued support and if you have any further questions please stop by the bookstore or call us at X7471.

Student Travel Fellowships

Please see the attached information at the end of the newsletter for student travel fellowships to the Academy meeting in Dallas, Dec. 4-7, 2003.

All third and fourth year students are eligible as well as any 2nd or 1st year who will be actively involved in the meeting (e.g. presenting a poster or attending the student liaison meeting). New this year: residents will also be eligible for travel funding.

The deadline for the application is in two weeks, October 15th.

Any questions, let me know.
Dr. Mary Flynn Roberts
mflynn@eyecare.ico.edu

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Ten more computers for student use have been placed on the second floor of the Library. The viewing room across from the Media Circulation Desk now contains eight Windows XP computers for student use. In addition, two more computers were installed in the second floor computer lab 2120 in one of its smaller rooms. In total, there now are 35 student computers in the Library plus the 4 computers used for accessing the Library's online computer systems, iLink and VisionCite.

The Library also owns one scanner that students may use. The scanner can convert scanned text into a Microsoft Word document, as well as scan photographs and illustrations, and save them as computer files. The scanner is attached to computer Dell 09, by the door to the first floor Library computer room.

The Library is once again displaying faculty posters that have been presented at professional meetings. This gives you the opportunity to read about the work that the faculty are doing at ICO. The latest poster is authored by Drs. D. Roberts, J. Winters, D. Castells, B. Teitelbaum, and C. Alexander. It is entitled "Krukenberg's Spindles and Pigmented Striae of the Anterior Lens Capsule." Please stop by the Library lobby and view the poster - but please direct all questions to the authors!

We also would like to display any student research posters or articles that have been presented at conferences or published. Please contact Kathryn Johnston if you have one to post in the Library.

The Library has begun subscribing to some new publications. The bi-weekly newsletters *Contemporary Optometry* and *Contemporary Ophthalmology* provide articles that would be useful for continuing education for vision professionals. Meanwhile, *Practical Optometry* has changed its name to *Clinical and Refractive Optometry* and *Ophthalmic Practice* is now *Clinical and Surgical Ophthalmology*. *Ophthalmic Surgery and Lasers* added to its name to show its increased scope: it is called now *Ophthalmic Surgery, Lasers and Imaging*.

The Library tries to subscribe to almost all English language vision-related journals, magazines, and newsletters, and the major medical journals. In addition, however, we also receive other magazines for general reading, such as *National Geographic*, *Time*, *Newsweek*, *Consumer Reports*, *Sports Illustrated*, *Golf World*, and newspapers like the *Chicago Tribune*, *Chicago Sun-Times*,

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Crain's Chicago Business, Chronicle of Higher Education, and the *Wall Street Journal*. Some of these publications actually are donated to the Library; others are by subscription. Individual issues or bound volumes of periodicals can be checked out for 24 hours, except for the most recent issues still in the plastic binders.

We hope that you will visit the Library to see the faculty poster display and also to try out our new computers and publications.

Dean's List

The following full-time students achieved superior academic performance during the Summer, 2003 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:



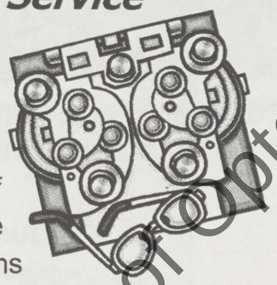
Ahrar, Kamran
Al-Bekai, Monzer
Ali, Ferine N.
Anderson, Valerie R.
Assell, Charles C.,III
Babayeva, Karina
Baker, Joshua C.
Balko-Rivera, Erin M.
Bellen, John P.
Beri, Seema
Binder, Melissa L.
Bonilla-Warford, Nathan
Bosanko, Cory J.
Brookshire, Barbra
Bui, Cat P.
Burkhardt, Jacqueline
Cannon, Kristin K.
Chan, Ceida P.
Colander, Brian M.
Collins, Karen M.
Cottle, John L.
Dalton, Calvin D.,II
Davids, Jill S.
Demers, Michael S.
Desai, Deepa R.
Fernandez, Yajaira R.
Frederick, Laura
Fredrickson, Sara A.
Frisbie, Laura M.
Fuller, Lisa J.
Geevarghese, John
Getty, Joel T.
Gill, Sukhdev S.
Gudas, Jennifer M.
Gundecha, Mala
Gunina, Mariya
Haiar, Ryan G.
Hassan, Amal M.
Herbolsheimer, John R.
Holser, Patrick G.
Horvath, Andrew V.
Hunter, Richard D.
Johnston, Joshua K.
Kalil, Chad D.
Kaniaris, Margarita G.
Kasmer, Kathleen M.
Ketteler, Adam J.
Khorram, Kambiz
Kikunaga, Henry E.
Ko, Anne N.
Korsgarden, Joshua L.
Korthals, Mark A.
Kudlac, Kristie J.
LaBrosse, Deana R.
Lal, Sima
Le, Trang D.
Lee, Carol H.
Leoni, Melissa L.
Lukasko, Erica V.
Mathes, Marcie J.
McCann, Andrea L.
Miesner, Nicole R.
Morrison, Michael A.
Mulder, Kathryn L.
Narayan, Sasha N.
Nhan, Diane T.
Norell, Eric R.
Okabe, Michelle M.
Okamura, Jaime R. K.
Palces, Aida C.
Palloch, Jennifer L.
Paul, Jami L.
Perez, Angelica
Peterman, Jesse N.
Ramirez, Alejandro J.
Rottinghaus, Charles A.
Saeed, Faheemah A.



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Sant, Samuel R.
Scheiffele, Jill R.
Sheladia, Ketan K.
Shleyfer, Larisa
Sifrit, Jason A.
Silsby, Erin L.
Smedley, Ryan T.
Stalzer, Brandon G.
Takher, Sukhdeep S.
Taubert, Kristel R.
Templeman, Carrah D.
Theesfeld, Michelle L.
Thompson, Jeffrey M.
To, Thu T.
Toor, Shailja
Tunin, Natalie K.
Tzanetakos, Helen
Unger, Scott A.
Van Haaften, Kelly N.
Vincelli, Nicholas C.
Warren, Danielle F.
Weibert, Julie M.
Wong, Crystal S.
Young, Lisa M.
Youngwirth, Brandy

NOSA- Community Service

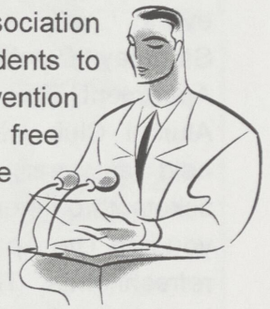


On September 29-30, 2003 a few of NOSA members participated in LensCrafters Vision Van. The Vision Van is one of several domestic Give the Gift of Sight programs organized through the LensCrafters Foundation which delivers exams and new glasses to needy North Americans. Its mission is to provide optical care in areas where a great need exists or where there are no LensCrafters stores. The Vision Van is a 40 foot long van equipped with examining rooms, a dispensary and mini-lab. It is staffed by local LensCrafters associates and optometrists who donate time on their days off, as well as other volunteers, such as NOSA members. The next Vision Van is October 20-24, 2003 and the location is unknown. If you would like to participate in the next Vision Van or if you would like more information, contact nosa-ico@yahoo.com.

Illinois VOSH

Are you interested in attending a Mission Trip? Illinois VOSH is having two informational meetings for interested students or optometrists. The first meeting will be held on Sunday, October 26th from 12 pm – 2 pm at the Hyatt in Oakbrook, IL and the second meeting will be held November 2nd at the Crown Plaza Hotel in Springfield, IL. For further Information call 1-877-SEE-WELL.

IOA Statewide Convention



The Illinois Optometric Association invites and encourages students to attend their statewide convention and meeting. Registration is free to all students who attend. The convention and meetings are occurring Friday, October 10th until Sunday, October 12th. It will be held at the Wyndham Hotel in Itasca, IL. Additional information and registration forms are available in the Student Affairs Office. Students are encouraged to attend the ICO/IOA awards reception, entertainment and exhibit hall, which is open Friday and Saturday afternoon.

The Dan David Prize

The Dan David Prize is a joint international enterprise endowed by the Dan David Foundation, headquartered at Tel Aviv University. It encompasses the three time dimensions: Past, Present, and Future.

The chosen fields for 2004 is:
Past Time Dimension: Cities-Historical Legacy
Present Time Dimension-Leadership: Changing Our World
Future Time Dimension - Brain Sciences

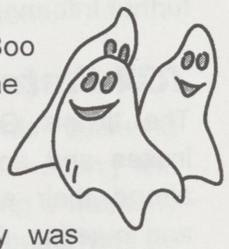
Each year the Dan David Prize awards 10 scholarships of US dollars 15,000 each to outstanding doctoral students from universities all over the world.

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Advanced doctoral students of excellent achievement and promise studying topics related to the fields chosen for this year are invited to apply for the Dan David Prize Scholarships 2004.

Applications deadline: January 10 2004. Please visit their website at www.dandavidprize.org.

BOO Bash!!!



Trick or Treat! The annual Boo Bash celebration is here!. The event will take place Saturday, October 4th at the Apartment (this is the old Alumni Club where the party was held last year). We have been selling $5 tickets throughout the week, which will get you into The Apartment and 3 hours worth of refreshments. There are several prizes for best costumes, so get your imaginations flowing and remember to come this Saturday, October 4th!

CLASSIFIEDS

Workstudies needed:
Administrative Assistant Skills for Charitable Services Department. Knowledge of Word, Excel a must. Reporting to Dr. Gable at x 7312

Workstudy needed:
Institutional Advancement Department. Duties: working in the alumni database system to update addresses, phone numbers, etc. Must have an excellent eye for detail, be inquisitive and enjoy internet research.
Contact Felicia at x7071 for more information.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Dr. Leslie Mintz Scholarship Foundation **New Jersey Society of Optometric Physicians** (Look under Mintz)	• Resident of NJ • Financial Need	varies	October 3, 2003
2003 Petry-Lomb Scholarship/Research Grant **Rochester (New York) Optometric Society**	• New York state resident	$2,500	October 15, 2003

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The Greek Women's University Club	• Female • One parent of Greek descent • USA Citizen • Resident of Chicago (50 mile radius)	varies	October 25 , 2003
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office
The Dan David Prize	• Outstanding doctoral student • Topic relating to field chosen for the year 2004	$ 15,000	January 10, 2004 Must visit website at www.dandavidprize.org
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

LaSalle Bank Chicago Marathon
After months of training, the big day is almost here. The marathon course takes the runners right past ICO! Come out and support your ICO friends and family on Sunday, October 12. Visit www.chicagomarathon.com for a spectator guide and other details about the race.

Making Strides Breast Cancer Walk
It's just one week away-the Making Strides Against Breast Cancer walk for the American Cancer Society. Join the fight against breast cancer as you honor the women in your life and all those touched by cancer. It is going to be a great time. The ICO team would love to see you there. We will be meeting in front of the survivor tent at 8:30 am. Contact Shelby for all the details at X7460.

Upcoming Area Runs
Here are great upcoming runs in Chicago:

American Liver Foundation Liver Walk and Run
Saturday, October 18 at 9:00 am
Randolph and Lakefront
Log onto http://www.chicagoevents.com for registration information

Chicago Dog Jog
Sunday, October 26 at 9:00 am
Montrose Harbor - Lincoln Park, Chicago
Log onto http://www.caprievents.com for registration information.



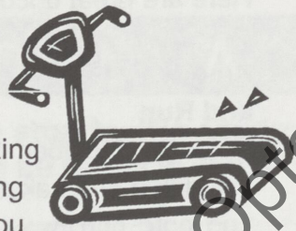
Massage Therapy
Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

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Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Two special discounts are still available. All first time clients receive 20 minutes for $15 dollars (regular cost is $1 per minute). Also, past clients can refer a new client and receive 5 free minutes. These minutes may be redeemed after the referral massage has taken place.
Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, October 9.



FREE Personal Training

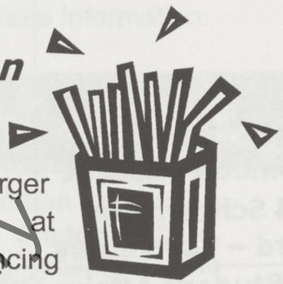
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness



Sizing Up Portions

It appears that the larger portion sizes at restaurants are influencing portion sizes at home as well. A study conducted by the *American Medical Association* found that the average size of many food and soft drinks increased between 1977 and 1996. The average American now consumes:

49 more calories from soft drinks



68 more calories from French fries

93 more calories from snacks such as chips and pretzels

97 more calories from hamburgers

133 more calories from Mexican foods such as burritos, tacos and enchiladas

With these increases it becomes evident why Americans are struggling with obesity and weight issues. Many nutritionists suggest that a greater awareness of portion sizes, rather than focusing on the specific type of food eaten, may be the key factor in weight control.

This information is provided by *ACE Fitness Matters*

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Club Members/Representatives for 2003 - 2004

Position	Name	Box
Student Association		
President	Liz Chu	328
President Elect	Tom Kline	555
Secretary	Lexie Franzeen	516
Treasurer	Catherine Soriano	608
Dir of Community Service/Comm Health	Jennifer Kinninger	369
Dir of Note Service	Rezah Mohamed	396
Dir-Elect of Note Service	Lauren Guzik	529
Class of 2004 Rep	Kamran Ahrar	121
Class of 2004 Rep	Ryan Haiar	172
Class of 2005 Rep	Kristin Cannon	322
Class of 2005 Rep	Rosemary Gonzalez	348
Class of 2006 Rep	Greyson Barger	489
Class of 2006 Rep	Joel Sollom	606
Class of 2007 Rep	Ali Harapiak	50
Class of 2007 Rep	Shauna Lushko	87
Director of Intramural Sports	Kosta Koutoulas	556
RC Head Resident Assistant	Lyndsay Hunter	356
2004 Yearbook Rep	Sasha Narayan	228
SVOSH Board Representative	Melanie Bolinger	436
AOSA Trustee	Lindsay Luker	382
AOSA Trustee-Elect	Albert Licup	566
American Academy of Optometry Students		
President	John Cottle	145
Vice President	Elizabeth Sanders	600
Secretary	Jennifer Harthan	530
Treasurer	Courtney Sivertson	605
1st/2nd Year Liaison	Paul Webb	639
American Optometric Student Association		
Trustee	Lyndsay Luker	382
Trustee-Elect	Albert Licup	566
First Year Representative	Katherine Sullivan	686
First Year Representative	Breanne Paul	108
American Public Health Association		
National Liaison	Sima Lal	202
Local Liaison	Oanh Bui	498
Beta Sigma Kappa Honorary Society (BSK)		
President	Carrah Templeman	433
Officer	Kristin Cannon	322
Officer	Joshua Baker	308
	Sarah Manongdo	383
Faculty Advisor	Dr. Joan Sears	
Canadian Club		
Co-chair	Rezah Mohamed	396
Co-chair	Lyndsay Hunter	356

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Club Members/Representatives for 2003 - 2004

Position	Name	Box
Contact Lens Society		
Chairperson	Gemma Solimon	430
Vice Chair	Chau Truong	458
Secretary	Sheryl Chan	323
Treasurer	Eric Toppen	435
Event Coordinator	Mindy Nguyen	402
Event Coordinator	Kelly McKinney	389
Event Coordinator	Sara Yum	454
Workshop Co-ordinator	Deana Labrosse	373
Class Liaison	Charlie Rottinghaus	416
Faculty Advisor	Dr. Renee Reeder	
Faculty Advisor	Dr. Wanda Lam	
College of Vision Development Extension		
Contact Person	Kelly Thompson	434
Faculty Advisor	Dr. Christine Allison	
Fellowship for Christian Optometrists (FCO)		
Co-presidents	Brent Heath	534
Co-presidents	Jessica Cochran	504
Vice President	Jenessa McGuire	570
Treasurer	Bethany Lavalle	559
Gold Key Honorary Society		
President	Mike Lopykinski	211
Vice President	Kelly VanHaaften	287
Secretary	Andrea McCann	217
Treasurer	Ryan Haiar	172
Student Affairs Liaison	Michelle Okabe	233
Faculty Liaison	PJ Holser	179
ICO Mentors & Tutors		
Mentoring Coordinator	Lyndsay Hunter	356
Mentoring/Tutoring Coordinator	Eric Baas	488
Tutoring Coordinator	Jeff Oakland	582
Multicultural Club		
Prime Minister	Unbreen Yasin	632
Vice Prime Minister	Kamini Mistry	574
Treasurer	Nimisa Patel	586
Secretary	Karen Barbadillo	10
Activities Director	Payman Khalighi	548
Faculty Liaison	Mary Fazelian	340
Public Relations	Anders Hanssan	48
Media/IT coordinator	Jae Song	607
National Optometric Student Association (NOSA)		
President	Samantha Hair	351
Vice-Pres/Pres Elect	Jason Blowe	493
Corresponding Secretary	Ramona Baumfalk	490
Recording Secretary	Katerin Melendez	93
Treasurer	Tara Van De Wyngaerde	694
Parliamentarian	Nhat Le	715
Advisor	Aisha Davis	

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Club Members/Representatives for 2003 - 2004

Position	Name	Box
Private Practice Club		
Co-Chairman	Trey Brown	320
Co-Chair	Leon Kubicki	372
Advisor	Lynn Petrica	
Resident Assistants		
1st Floor RA	Adam Klemens	370
2nd Floor RA	Hansini Prasad	412
3rd Floor RA	Tammi Carlson	500
4th Floor-Head RA	Lyndsay Hunter	356
Student Volunteers in Optometric Service to Humanity (SVOSH)		
President	Melanie (Trackwell) Bolinger	436
President Elect	Open	
Secretary	Jeannie Wang	443
Treasurer	Thomas O. Melfi	390
Fundraising Chair	Heather Young	450
Local Mission Chair	Jason Garey	346
3rd Year Rep	Trey Brown	320
2nd Year Rep	Elizabeth Sanders	600
1st Year Rep	open	
Past- President	Sara Fredrickson	158
Past- President	Stephanie Coates	143
Advisor	Dr. Jan Jurkus	
Tomb and Key Honor Fraternity		
President/Keeper of the Archives	Jaime Okamura	234
Treasurer	Ceida Chan	138
Secretary	Kathy Kasmer	188
Faculty Advisor	Dr. Joan Sears	
Wisconsin Optometry Club		
Co-Chairperson	Tammi Carlson	500
Co-Chairperson	Jerome Radliff	590
1st Year Rep	Tessa Sokal	685
1st year Rep	Carly Szafranski	688
Yearbook Editor		
Sasha Narayan	Yearbook Editor	228
Grishma Thakkar		271

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ATTENTION STUDENTS ATTENDING THE ACADEMY MEETING

Dallas 2003
December 4-7

Travel fellowships to the annual Academy meeting will once again be available to ICO students, thanks to the Dean's Office, Illinois Chapter of the American Academy of Optometry, and the ICO Student Chapter of the Academy. The amount and number of fellowships will be dependent on the number of students applying and their level of activity in the Academy. Preference will be given to students who will be presenting a poster at this year's meeting, who are actively involved in the Academy student chapter, and who are pursuing fellowship in the Academy upon graduation. Any ICO third or fourth year student (or resident) attending the Academy meeting may apply for a travel fellowship. (Any first or second year student presenting a poster is also eligible for an award.) If you are interested please complete the following instructions.

1. Provide a brief statement (paragraph or two) as to why you should be considered for one of the travel fellowships. This statement should detail your **specific contribution** to work to be presented or your involvement in the Academy student chapter.

    - If you are presenting a poster at the meeting please include a **copy of the abstract** as it was submitted to the Academy.
    - You must **specify the order of authorship** as it was submitted.
    - You must also include a **copy of the acceptance statement** from the Academy.
    - If you had a poster abstract submitted and rejected, please include a statement about the intended presentation.

2. A **short written statement must be submitted from a faculty** member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.

3. **Turn the completed statement with supporting documents in to Dr. Mary Flynn Roberts by 5 PM, October 15th.** You can place the statement in my mailbox, send it to me via e-mail at mflynn@eyecare.ico.edu or fax it to my attention at (312) 949-7653.

4. Include your name, box number or address, and year on the statement.

A committee of five ICO faculty members who are Academy fellows will review the statements and designate the award recipients. Any student awarded a travel fellowship from the Academy or any other organization will not be eligible for this award and the money will be then given to another student.

THANK YOU,
DR. FLYNN ROBERTS

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FOCAL POINT

ICO Student Newsletter **October 17, 2003**

Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out October 31, 2003 and the submission deadline is October 29.

C A M P U S N E W S

Mission Trip to the Republic of Latvia



Nestled between Estonia and Lithuania and directly across the Baltic Sea from Sweden, Valmiera Latvia is the destination for a VOSH/Lions Club Mission Trip. Dr. Tom Doyle (ICO grad '78) of Michigan is organizing this trip and would like to recruit a few ICO students. The departure date (from Chicago) is May 21, 2004. There is a great need for eye care in this redeveloping nation. This is a wonderful opportunity! Dr. Doyle wants to hear from you if you're interested. Please call him at 517/669-2945.

Attention Third Year Students – Graduation Pictures



Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 16 & 17**, 2003 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets will be posted on the third year bulletin board during the first week of the winter quarter.

To All Students: re: Computers

Dr Colip

We are aware that many of you experienced some frustrations this past weekend and week with regard to printer and certain drive accesses. We understand First Year students perhaps experienced the most frustrations as you had papers due. Many thanks to Dr. Zoltoski for adapting to the situation by accepting completed work on disc.

The Servers at ICO were being upgraded and some unpredictable difficulties were experienced by the IS staff which caused the upgrades to take longer than anticipated. All systems seem to be working now and we hope the upgrades will improve service in the future. ICO is committed to keeping pace with technology needs and this will continue to require additional upgrades in the future. ICO's IS Department does everything possible to conduct many of these upgrades at night and on weekends to attempt to limit impact on service. The Department attempts to notify everyone in advance of scheduled upgrades so that you can plan your work appropriately. Of course no one can predict system, server or disc crashes and it is always good to have a Plan B. Thanks to all for your patience and understanding. The responses you learn now to unexpected

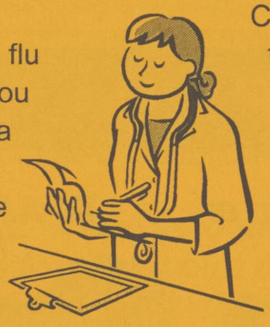
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"bumps in the road" are indicative of how you will respond in the future in your own practices. Imagine the day when you arrive at your office faced with a day full of scheduled patients to find that all of your computer records and billing are inaccessible!! Thanks to all for your calm and level-headed responses to this situation.

Make Up Examination

From Dr. Lesher

To ICO Students:



With the oncoming winter/cold and flu season, I would like to remind all of you of the proper procedure to request a make-up examination. The only "**day of the exam"** excuses that will be approved are documented illness (you must see a Doctor to document the illness) or accident (also documented - police report, etc) and a death in the student's immediate family. For any of these "day of the exam" absences, you must call the College to report your absence as soon as you know you are missing the exam and within 24 hours of the scheduled exam. You should contact **312-949-7130**. The Academic Support Center is the place you must report to as soon as you return to campus, to request a make-up exam and to schedule the make-up if it is approved. All other excusable absences from a scheduled examination must be pre-approved.

Missing an exam creates a hardship for you, but also for your classmates and the instructor. Requests for a make-up exam for reasons other than those listed in the student guide may or may not be granted; if granted a fee of $150 will be assessed. Please review these procedures and try hard to be at your exams when scheduled.

Reprint from Student Guide:

Make-Up Examination

Attendance at regularly scheduled examinations is mandatory. A student missing an examination for any reason should contact the Academic Support Center **within 24 hours of the scheduled examination time**. Whenever contacting any office at the College it is advisable for the student to obtain the name of the staff person with whom you are speaking and request that the individual document your call. The Academic Support Center is reached by calling **312-949-7130**.

Make-up examinations are authorized at the discretion of the appropriate Department Chair. No fee will be assessed for the following approved extenuating circumstances:

1) Documented illness or accident that prevents a student from writing the examination. If absences are excessive due to illness a student may be required to take a "Leave of Absence" from the professional program.

2) A death in the student's immediate family.

3) Conflict with a religious holiday. In such cases students must request a make-up examination(s) within the first two (2) weeks of the quarter in which there is a conflict with a religious observance.

4) Attendance at a pre-approved professional development meeting – Examples: AOSA, American Academy of Optometry, AOA Congress, NOA, COVD, or state association meeting (IOA).

5) Student leadership related responsibilities (i.e. AOA-PAC national meeting).

6) College related business (i.e. recruitment).

A fee of $150.00 may be authorized for reasons beyond those listed above. If a make-up request is denied, the student will automatically have a grade of zero (0) entered for the missed examination.

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Request for Approval of Make-Up Examination

1) Students who miss an examination must contact the Academic Support Center within 24 hours of the scheduled examination time. If at all possible the student should contact the Academic Support Center (x7130) the day of the absence.

2) Immediately upon return to campus the student must submit a request for make-up examination to the appropriate Department Chair. The request form is available in the Academic Support Center, which is located within the Academic Administration Office Suite (1800).

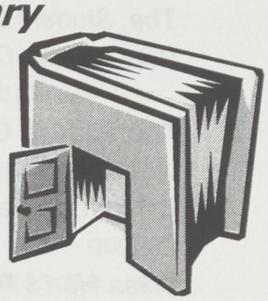
3) The appropriate Department Chair reviews the request, including the reason for the absence. If appropriate the Department Chair approves the absence and makes a decision regarding the assessment of a fee.

4) When granted, the request is forwarded to the Academic Support Center. The Academic Support Center personnel are responsible for scheduling the date, time and place of the make-up examination. The student is contacted when these arrangements are made.

5) Make-up examinations, including final examinations, are not given prior to an approved absence.

6) The format of the make-up examination is at the discretion of the course instructor; however, no other activity may be substituted for an examination without the approval of the appropriate Department Chair. The student is responsible for contacting the course instructor regarding the format of the make-up examination after receiving notification that the request for a make-up has been approved.

Spotlight on the Library



by Kathryn Johnston
Information Systems Librarian

The library has replaced the old EasyPhoto scanner with a new HP scanner. Attached to Dell 03 in the first floor Library computer lab, this HP ScanJet 6390C has a 25 page ADF (automatic document feeder) and a transparency adapter for scanning slides. (This adapter will be kept at the first floor circulation desk.) It also contains Readiris OCR software to convert scanned text into a Word document and Adobe PhotoDeluxe Business edition image editing software. The HP ScanJet 63903 is a 1200 dpi scanner. The software icons are on the desktop. Please ask a staff member for assistance if you wish to try the new scanner.

Doctors D. Roberts, M. Wernick, D. Loconte, and E. Chan have authored a research poster on display now in the library lobby. Stop by and view the work entitled: *Infrared Imaging Technique Helps Prove a Diagnosis of Pigment Dispersion Syndrome in Blacks Who Do Not Show Iris Translumination Defects Via Traditional Methods*. The research will be on display for two weeks. Please remember to direct all questions to the authors.

The Library has harvested a bumper crop of new books! Here is an assortment:

Business Aspects of Optometry, 2nd ed. by John G. Classe and others. RE960.C5 2003

What Can I Say? : a guide to visiting friends and family who are ill, by Simon and Karen Fox. BV4335.F6 2003

Data Analysis Using SPSS for Windows, Version 8 to 10: A Beginner's Guide, by Jeremy J. Foster. HA32 .F67 2001

A Complete Surgical Guide for Correcting Astigmatism: an Ophthalmic Manifesto, edited by James P. Gills. RE932.C65 2003

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The Student's Guide to Research Ethics, by Paul Oliver. Q180.55.M67 O38 2003

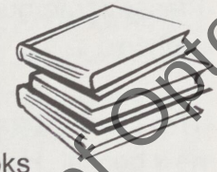
The Fitness Center has donated some more videos to the Library. They can be checked out for one week periods:

Leisa Hart's Fit Mama Prenatal Workout, VTU 1467
Yoga Mama Crunch, VTU 1468
TaeBo II. Basic Workout 1, VTU 1465
TaeBo II. Basic Workout 2 VTU 1466
Lotte Berk Method: Basic Essentials, VTU 1463
Lotte Berk Method. Muscle Eats Fat, VTU 1464

The Library has started developing links from its website to state rules and laws concerning practicing optometry at each locale. So far, we link to Internet sites for the states of Illinois, Indiana, Iowa, Ohio, Tennessee, Texas and Wisconsin. Please contact Kathryn Johnston or Library Director Gerald Dujsik on what other states we should add next.

Enjoy the fall weather and we look forward to seeing you in the Library!

Book Drive 2003



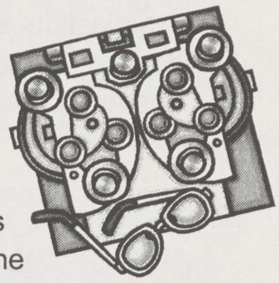
The class of 2007 is starting ICO's annual Book Drive to benefit Douglas Academy. Please help us collect fun books that will help inspire these students to read. You can donate books in good condition or new books to either box in front of the library or in the RC. If you prefer to give cash or check it can be dropped in box #50, Allie Harapiak. Thank you.

Upcoming NOSA Events

- Rainbow Push Coalition Career & College Fair, October 17, 2003 4:30 – 6:30 p.m.
- LensCrafter Vision Van, October 20-24, 2003 (contact website below for more information)
- 2003 Women in Optometry Panel, November 14, 2003 at 6:00 p.m. Room 1200

Contact nosa_ico@yahoo.com for more information.

Vision Van



It is not too late to join NOSA on the Vision Van. The Vision Van is one of several domestic Give the Gift of Sight programs organized through the LensCrafters Foundation which delivers exams and new glasses to needy North Americans. Its mission is to provide optical care in areas where a great need exists or where there are no LensCrafters stores. The Vision Van is a 40 foot long van equipped with examining rooms, a dispensary and mini-lab. It is staffed by local LensCrafters associates and optometrists who donate time on their days off, as well as other volunteers, such as NOSA members. The next Vision Van is October 20-24, 2003 and the location is unknown. If you would like to participate in the next Vision Van or if you would like more information, contact nosa_ico@yahoo.com.

Security Reminder

Everyone must display their ID Badge while on campus.

Room Usage

Please note that we are allowing our neighbor's, The Young Women's Leadership Charter School, to utilize our Room 1201 for their student testing on the following two dates:

October 21, from 9:00 - 2:00
October 28, from 9:00 - 2:00

The proctors and faculty will arrive at about 9:00 and the students will arrive about 9:15. There will be approximately 50 students.

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$300 Reward

For information leading to the identification of the person responsible for the following vandalism. On Wed. Sept. 9, 2003 between 12:00 PM and 8:00 PM a faculty member's black BMW had 2 tires slashed. The vehicle was not parked in the faculty spaces, it was parked just around the turn on the ramp between the 2nd and 3rd level.

Please see Mr. John Krystyniak (head of ICO security) with information. Any assistance is appreciated.

CLASSIFIEDS

Attention Fourth Years

Optometry 2.2 (slit lamp, tonometry, ophthalmoscopy) TAs needed. Mondays 2-6, Thursday 1-5, Grading TAs

Dr. Janice Winters x7307

Third & Fourth Year Students

From: Dr. Trachimowicz

Reviewing eye models, slit lamp, the orbit, clinical application of ocular anatomy...if these topics are of interest to you, you may want to be an OCULAR ANATOMY LAB TA.

Ocular Anatomy Lab TAs are needed for Winter Quarter.

Labs are held on the following days and times:

Tues. 9-11am and 11-1pm

Wed. 9-11am and 11-1pm

Thurs. 9-11am and 11-1pm

If interested please contact me via mailbox, email (Rtrachim@ico.edu) or voicemail (ext. 7180)

Thanks.

Second, Third & Fourth Year Students

From: Dr. Trachimowicz

Ocular Anatomy Tutors are needed for Winter Quarter.

If interested in **tutoring** for the ocular anatomy course please contact me via mailbox, email (Rtrachim@ico.edu) or voicemail (ext. 7180) so I can inform Beth Karmis of your availability.

Thanks.

Workstudies needed:

Where: Cornea Center for Clinical Excellence

Duties: confirm patients, pull contracts, verify contacts, assist with complimentary lens orders, maintain trial lens sets, assist with lens returns

Contact: Carol at x7240 for more information

Research Assistant Needed

Contact lens studies are underway.

Assistant needed to help with data collection and entry. Must be proficient with Microsoft office. Contact D. Reeder for more information at 312-949-7297 or rreeder@ico.edu.

RESIDENCIES

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SCHOLARSHIPS

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The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office
The Dan David Prize	• Outstanding doctoral student • Topic relating to field chosen for the year 2004	$ 15,000	January 10, 2004 Must visit website at www.dandavidprize.org
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

LaSalle Bank Chicago Marathon
Congratulations marathon runners! Thank you to everyone who came out to support your ICO friends and family.

Making Strides Breast Cancer Walk



The Making Strides Against Breast Cancer walk for the American Cancer Society is this Sunday, October 19. It is not too late to join us for this non-competitive 5 mile walk along the lakeshore. We will be meeting at 8:30 am in front of the survivor tent. Call Shelby at X7460 for more information.

Upcoming Area Runs
Here are great upcoming runs in Chicago:

Trick or Treat Trot 10K, 5K Run/Walk
Sunday, October 26 at 9:00 am -Montrose Harbor - Lincoln Park, Chicago. Log onto www.capri events.com for registration information.



Gimme Shelter 5K Run/Walk
Sunday, November 2 at 9:00 am, West Side (Ogden & Adams) -Log onto www.cathedralshelter.org for registration information.

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Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Two special discounts are still available. All first time clients receive 20 minutes for $15 dollars (regular cost is $1 per minute). Also, past clients can refer a new client and receive 5 free minutes. These minutes may be redeemed after the referral massage has taken place.
Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate. The next sessions will be Thursday, October 23.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time (s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. To schedule an appointment, call Shelby at x7460.

Eye on Wellness



Alzheimer's and Weight

A study of 392 Swedish adults reveled that women who were overweight in their 70's were more likely to be diagnosed with Alzheimer's disease over the next 18 years than thinner women. The women who did not get Alzheimer's had an average body mass index (BMI) of 25, which separates normal and overweight adults. A BMI of 25 is about 150 lbs for a 5'5" woman. Women who were later diagnosed had an average BMI of 29. That is around 175 lbs for a 5'5" woman. People with a BMI of 30 or higher are considered obese.

Weight did not have an impact on men, possibly because the study included too few of them to determine a link. Weight also did not impact the dementia that is caused by strokes or clogged arteries.

One study isn't definitive, but it just presents one more reason for women and men to stay fit and lean.

This information is provided by *Nutrition Action Newsletter.*

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FOCAL POINT

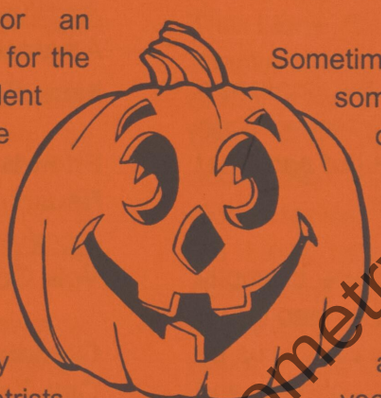
ICO Student Newsletter **October 31, 2003**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out November 141, 2003 and the submission deadline is November 12.

CAMPUS NEWS

Answering the Question

What would you say if a friend, patient or relative asks you about the difference between being an optometrist or an ophthalmologist? It's a good question for the optometrist and the optometry student who can use his/her answer to educate the populace about optometry. Most of the population that is not associated with optometry may have fuzzy information, if any at all, about the differences between these two professions and they may not really know the whole range of what optometrists can do.



Neil B. Gailmard, OD, MBA (an ICO graduate) has tackled this subject with sensitivity in his article from the web site www.optometric.com (click on "Management Tips"). He advises planning your answer ahead of time, because optometrists (and optometry students) will get this question eventually in some form or another. One answer could have the following information based on Dr. Gailmard's article, that optometrists are the primary care eye doctor that most patients should see. They are the experts in refraction and vision problems and trained to diagnose and treat eye diseases, manage the effects that general health problems may have on the eye, and determine the need for surgery. Ophthalmologists are surgical eye specialists, so most of their training is on surgical techniques. Optometrists co-manage surgical cases with ophthalmologists, and will refer to an ophthalmologist if surgery is indicated.

Sometimes a person will indicate some ignorance about optometrists by indicating that ophthalmologists are "real doctors". In this case Dr. Gailmard suggests correcting with sensitivity this notion by saying, "Optometry has advanced so rapidly in recent years that it's easy to confuse the different eye professions. Optometrists today are extremely well trained as primary care eye doctors and they do much more than prescribe eyeglasses…optometrists also diagnose and treat eye disease."

With well thought out answers optometrists and optometry students can educate and reassure the public about the profession of optometry.

Bookstore News!

Orders placed during the 2003-2004 Equipment Expo are being processed and arrival of your items is tentatively scheduled for November 17-19. Please watch for details. *Equipment charges will be placed on your accounts prior to your Winter 2003 Living Expense disbursements.*

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Volk Lenses/Peter Mastores: This year Volk is offering multiple custom cases for students who purchased lenses. Joel Sollom is currently working with the Bookstore to confirm the needs of the second year class. Your black, individual cases will be collected to be sent back to Volk in exchange for the multiple case. We will let you know how and when the collection and distribution will take place. Our plan is to take on each professional year separately with the aid of class reps. Volunteers for year 3 and year 4, please email me at bbarnes@eyecare.ico.edu. We are working on having delivery of your new cases at the earliest for Winter 2003, and *at the latest Spring 2004. For those who want to maintain their individual cases, there will be a charge for a custom case. The charge will be announced at a later date.*

For those who placed orders in the Bookstore for lenses please pick up your orders as soon as possible. Mailings have gone out and most special orders are now complete.

Please pick up equipment repairs promptly when receiving notice. If there is a need for us to ship a repair out to you, please notify us by email, with your name, box, phone and address. Include a small description of your item as well for confirmation purposes.

The Bookstore's inventory is scheduled for November 2003. If there is a book purchase that you would like to make for Fall-Winter 2003, if possible please make it prior to November 14. *For special orders and Winter 2003, order forms are available in the Bookstore.*

Fall 2003 – Links to ASCO Corporate Contributors

By participating in the Corporate Contributors Program of the Association of Schools and Colleges of Optometry, the following companies support programs that benefit all 17 of the schools and colleges of optometry. Faculty and students are encouraged to visit their Web sites to become familiar with their products.

Visionaries
Vistakon, Division of Johnson & Johnson Vison Care, Inc.: www.ecp.acuvue.com

Patrons
Ciba Vision Corporation/:Novartis Ophthalmics: www.cibavision.com

Supporters
Hoya Vision Care, North America: www.hoyaopticallabs.com
AO Sola: www.sola.com /professionals.html
Essilor Lenses/Varilux: www.varilux.com; www.essilorusa.com
Transitions Optical: www.transitions.com
Alcon Laboratories: www.alconlabs.com/us/eo/products
Advanced Medical Optics (AMO): www.amo-inc.com/site/home.asp

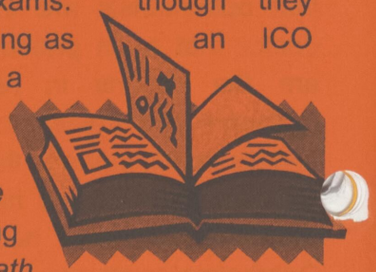
Friends
Bausch and Lomb: www.bauschandlomb.com/us/vision/products
Volk Optical, Inc.: www.volk.com

Contributors
Carl Zeiss Optical/Carl Zeiss Meditec, Inc.: www.zeiss.com/us
Coopervision: www.coopervision.com/us/patient_home.asp
Marchon Eyewear: www.marchon.com
Safilo Group: www.safilo.com
Santen, Inc.: www.santeninc.com

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Happy Halloween! Pick up some paperbacks after your final exams. though they may not be as terrifying as an ICO exam, the Library has a scary assortment of recreational reading. You can take *The Stand* by Stephen King or *The Cause of Death*



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by Patricia Cornwell. If you prefer a more bittersweet treat, choose *Tuesdays with Morrie* by Mitch Albom, or even a romance such as *The Windham Legacy* by Catherine Coulter. Romance, science fiction, thrillers, horror, mysteries-- even award winning novels by authors such as Amy Tan can be found in our recreational reading section. They can be checked out for four weeks at a time, and are located in the north eastern corner of the Library's second floor.

The Library also has a bagful of new books this month:

Handbook of Neuro-Ophthalmology and Orbital Disease: Diagnosis and Treatment, 2nd ed. by Robert L. Tomsak and Mark R. Levine. RE910.T55 2004

Clinical Procedures for Ocular Examination, 3rd ed., edited by Nancy B. Carlson and Daniel Kurtz. RE75.C3 2004

Genetics for Ophthalmologists: the Molecular Genetic Basis of Ophthalmic Disorders, by Graeme C.M. Black. RE48.B65 2002

Corneal Dystrophies and Degenerations: a Molecular Genetics Approach, edited by Ming X. Wang. RE336.C6625 2003

Assessing Visual Function in Clinical Practice, Pamela A. Sample and Christopher A. Girkin, guest editors. Ophthalmology Clinics of North America, vol.16, no.2 RE1.O7 v.16 no.2 2003

Improving Memory and Study Skills: Advances in Theory and Practice, by Douglas Herrmann, Douglas Raybeck, and Michael Gruneberg. LB2395.H45 2002

The Library now has LinkOut, which adds the Library's journal holdings information to PubMed. To find out automatically if an article from PubMed (also known as Medline) is owned by the ICO Library, first go to the Library's website at http//icolibrary/library.htm from on campus or http://library.ico.edu from off campus. Click on Websites, and then PubMed. When the index brings up the results, if you click on an article, there will be a box that says "ICO in Print" if the ICO Library owns the publication. If you click on the "ICO in Print" link, it also will list the years and volumes owned by the Library. Full text articles will be added in the next few weeks.

The Library will have reduced hours during the term break:

Saturday, November 1 - 8:00 am- 12:00 noon
Sunday, November 2 - Closed
Monday, November 3-Friday November 7 - 8:00 a.m-5:00 p.m.
Saturday, November 8 - 9:00 a.m.-5:00 p.m.
Sunday, November 9 - Closed
Monday, November 10 - Resume normal hours, 8:00 a.m-12:00 midnight

Have a wonderful break and we look forward to seeing you in the Library!

Lions Club @ ICO

Members Wanted!

The Lions Club is interested in starting a chapter at ICO. One of the important missions of the Lions Club is to provide services for the blind and visually impaired. The Lions accomplish this mission both on local and global levels. Besides the vision emphasis, the Lions organization is involved in many educational and community improvement endeavors. The ICO chapter will be what we make it. The only way to become a Lion is to be invited to join and ICO students have been invited to join at no charge. If you are interested and didn't receive a form yet, please contact Liz Chu box 328 or Deanna LaBross box 373.

AOA's New Online Career Center Now Available

The American Optometric Association (AOA) announces the launch of the eagerly anticipated Optometry's Career Center (OCC) on the AOA's Web site. This new online career center matches registrants with practice opportunity (or opportunity candidate) information based on his or her specific search criteria. The OCC is sponsored by Marchon Eyewear, Inc., and Vistakon®, a division of Johnson & Johnson Vision Care, Inc.

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As a member benefit, AOA and AOSA members can register with the OCC for FREE. In addition, the OCC is now available to first through fourth-year students. The OCC also replaces the AOA's former opportunity matching service, the National Practice Resource Network (NPRN).

Following are just a few of the features available to OCC registrants:

- View detailed profiles of potential opportunities or opportunity candidates
- Change or update your own profile information online at any time
- Receive automatic e-mail alerts each time a new match is generated
- Opportunity seekers can up load a CV/resume for providers to view
- View career-related resources, such as sample cover letters and interview tips

For more information or to register with the OCC, visit ***www.optometryscareercenter.org*** or call the AOA at 800/365-2219, x107.

Heart of America OEP Committee

Invites you to the 63rd annual meeting.
"Aspects of Visual Performance" with Drs. Cohen, Ebeck, Hilbert, Kitchener and Weathers and "Prescribing for Optimal Performance" with Dr. Dorothy Parrott. The dates for this event are November 15 and 16, 2003, at the Wyndham Garden Hotel, 7000 West, 108th Street, Overland Park, Kansas. 913-383-2550. Lodging is provided for students. Contact: Dr. Beth Bazin, Kansas City, MO, 877-527-9800.

2003 Women in Optometry/Food Drive

Get ready for the 2003 Women in Optometry event to be held on November 14, 2003 at 7:00 P.M. This is an exciting night as some of the premiere women in optometry discuss their pathway to success. Also this is a community service event with the admission being 2 canned goods or 2 non-perishable food items. All items received are being donated to the Pilgrim Baptist Church. Please come out to meet these great women and help a great cause.
Place: Room 1200 – Lecture Hall
Time: 7:00 P.M.
Date: November 14, 2003
Admission: TWO canned goods/non-perishable food items
A reception will follow for all in attendance.

Volunteer Opportunity for Students

The Illinois Division of Prevent Blindness America is searching for student volunteers to help with children vision screenings to be held at the Kohl Children's Museum (165 Greenbay Road, Wilmette, IL) on the following dates:



2:30-5:00PM, January 19, 2004 (Martin Luther King Jr's birthday and holiday)
February 16, 2004 (President's Day holiday) and March 1, 2004

This is an excellent opportunity to become involved in an important philanthropic organization. The time commitment is minimal and you would be helping to serve a vital activity of this organization. Early commitment to one or more of these dates would be extremely helpful. As soon as possible, interested individuals should contact:
Kathy Stein
Illinois Program Coordinator
Prevent Blindness America
Schaumburg, IL
kstein@preventblindness.org
800-331-2020 x338

You may also contact Dr. Daniel Roberts at x7318 at the College if you have any questions.

VOSH-Illinois is Calling!

Have you ever wondered what VOSH (Volunteer O ptometric Services to Humanity) is a ll a bout? We would love to tell you. You

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have perhaps heard or read the saying, "Your career is not complete until you have been on a VOSH mission." VOSH is a great deal more than going to a foreign country to examine the eyes and vision of the poor. Although a foreign mission is the ultimate experience, many other activities are necessary to achieve the goals of VOSH. VOSH-Illinois supports five domestic missions serving the homeless and poor. Expert volunteers are needed to assist in packing eyeglasses for missions as well as our need to establish a VOSH warehouse downstate.

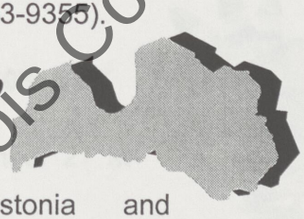
Many of the activities of VOSH-Illinois require only short hours, close to your home. We have many layperson volunteers but our need for optometrists is critical. We have arranged for an introductory meeting about VOSH for Illinois optometrists. Your attendance is respectfully requested at the meeting. Optometry is a wonderful profession, won't you consider assisting us in providing vision to the poor and homeless of the world? Significant others and your staff members are very welcome to attend.

Sunday, November 2, 2003, 12:00pm
Crown Plaza-Springfield
3000 Dirksen Parkway
Springfield, IL

A light lunch will be served after which a brief program will be presented to introduce you to the many activities of VOSH – Illinois and how your participation would be personally rewarding and very much appreciated.

Please phone your reservation in today, to 877-SEE-WELL, (877-733-9355).

Mission Trip to the Republic of Latvia



Nestled between Estonia and Lithuania and directly across the Baltic Sea from Sweden, Valmiera Latvia is the destination for a VOSH/Lions Club Mission Trip. Dr. Tom Doyle (ICO grad '78) of Michigan is organizing this trip and would like to recruit a few ICO students. The departure date (from Chicago) is May 21, 2004. There is a great need for eye care in this redeveloping nation. This is a wonderful opportunity! Dr. Doyle wants to hear from you if you're interested. Please call him at 517/669-2945.

Attention Third Year Students – Graduation Pictures



Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 16 & 17**, 2003 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets will be posted on the third year bulletin board during the first week of the winter quarter.

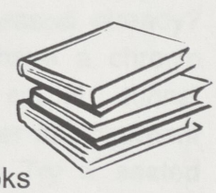
Attention Fourth Year Students

Mark you calendars

Commencement Capstone Program – will take place on Wednesday, May 19, 2004. Commencement rehearsal will also take place on Wednesday, May 19th in Rockefeller Chapel on the University of Chicago campus. Time and details to be announced.

Commencement for the Class of 2004 will be held on Saturday, May 22, 2004 at 1pm in Rockefeller Chapel.

Book Drive 2003



The class of 2007 is starting ICO's annual Book Drive to benefit Douglas Academy. Please help us collect fun books that will help inspire these students to read. You can donate books in good condition or new books to either box in front of the library or in the RC. If you prefer to give cash or check it can be dropped in box #50, Allie Harapiak. Thank you.

Upcoming NOSA Event

- 2003 Women in Optometry Panel, November 14, 2003 at 6:00 p.m. Room 1200

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Contact nosa_ico@yahoo.com for more information.

Security Reminder
Everyone must display their ID Badge while on campus.

CLASSIFIEDS

TAs for Color Vision
Dr. Lee needs several TAs for Color Vision labs in Winter quarter. If you are interested, please call him ASAP at ext. 7174.

Third & Fourth Year Students
From: Dr. Trachimowicz
Reviewing eye models, slit lamp, the orbit, clinical application of ocular anatomy...if these topics are of interest to you, you may want to be an OCULAR ANATOMY LAB TA.

Ocular Anatomy Lab TAs are needed for Winter Quarter.
Labs are held on the following days and times:
Tues. 9-11am and 11-1pm
Wed. 9-11am and 11-1pm
Thurs. 9-11am and 11-1pm
If interested please contact me via mailbox, email (Rtrachim@ico.edu) or voicemail (ext. 7180)
Thanks.

Second, Third & Fourth Year Students
From: Dr. Trachimowicz
Ocular Anatomy Tutors are needed for Winter Quarter.
If interested in **tutoring** for the ocular anatomy course please contact me via mailbox, email (Rtrachim@ico.edu) or voicemail (ext. 7180) so I can inform Beth Karmis of your availability.
Thanks.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Paul and Daisy Soros Fellowships for New Americans	• A resident alien or naturalized as a U.S. Citizen or is the child of parents who are both naturalized citizens • Final year of under grad or first year or second of grad school	Grant of ½ of tuition cost and $20,000 for maintenance each year.	November 1, 2003 30 awards out of ~1000 entries. Look under Soros in the scholarship file drawer in Student Affairs office
The Dan David Prize	• Outstanding doctoral student • Topic relating to field chosen for the year 2004	$ 15,000	January 10, 2004 Must visit website at www.dandavidprize.org
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

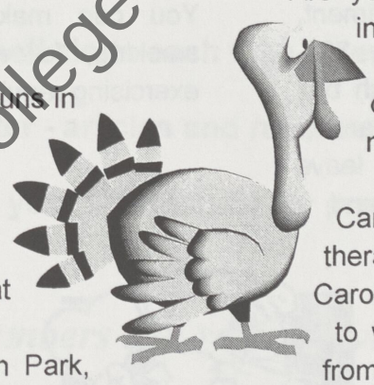
The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Group Fitness Classes
Please check the bulletin board outside the gym for the interim group fitness class schedule. The winter quarter group fitness classes will begin on November 10. The new schedule will be posted soon.

Upcoming Area Runs
Here are great upcoming runs in Chicago:

Turkey Trot 10K, 8K Run/Walk
Thursday, November 27 at 9:00 am
Montrose Harbor - Lincoln Park, Chicago
Log onto www.caprievents.com for registration information.



Rudolph Ramble 8K Run/Walk
Sunday, December 14 at 9:00 am
Montrose Harbor-Lincoln Park, Chicago
Log onto www.caprievents.com for registration information.

Massage Therapy
Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

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Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, November 6.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, Randy through box 628 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

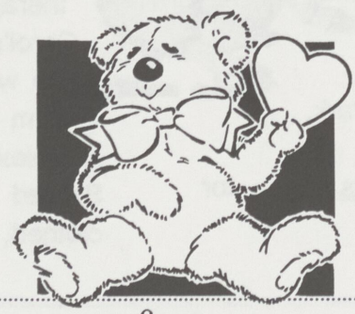
Eye on Wellness

The 50% Myth

The word on the street is that only half of all heart attacks are caused by known risk factors such as smoking, high cholesterol, diabetes, and high blood pressure. You might have heard this, or said it yourself. However, two new studies dispel the myth.

One group of researchers conducted three studies which tracked more than 386,000 people for 20 to 30 years. A second team of researchers analyzed data on more than 122, 000 people in 14 clinical trials. These studies revealed that between 80 and 90 percent of patients who were eventually diagnosed with heart disease, and more than 95 percent of patients who died of heart disease, had at least one of the major risk factors.

Start spreading the truth and take action. You can make a difference by not smoking, following a healthy diet and exercising regularly.



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Opportunity

Now Has a Homepage...

American Optometric Association

OCC

Optometry's Career Center

optometryscareercenter.org

Sponsored by:

MARCHON eyewear

VISTAKON Division of Johnson & Johnson Vision Care, Inc.

- View detailed profiles of potential opportunities from around the nation
- Change or update your own profile information online
- Automatic e-mail alerts each time a new match is generated
- Online Resource Center - articles and resources to help you in your search
- Upload your CV/Resume for providers to view

AOSA student members can register with the OCC for FREE!

Register online at www.optometryscareercenter.org

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National Optometric Association
Professionalism, Dedication, Diversity.

National Optometric Student Association

Presents

"Women in Optometry 2003"

Date: November 14, 2003
Time: 7:00 P.M.
Room 1200

ADMISSION: 2 Canned Goods or Non-perishable Items

CONTACT: nosa_ico@yahoo.com For More Information

Reception to Follow
Sponsored By

VISTAKON
DIVISION OF
Johnson & Johnson
Vision Care, Inc.

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FOCAL POINT

ICO Student Newsletter **November 14, 2003**
Editor: Kathy Brownfield x7401

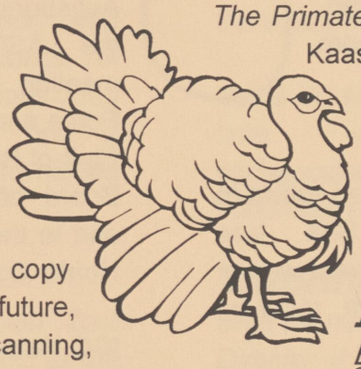
The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Tuesday, December 2, 2003 and the submission deadline is November 26.

CAMPUS NEWS

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

The Library obtained two new digital photocopy machines during the break. In addition to normal photocopying, they also can do three-hole punching, stapling, and copy four pages onto one page. In the future, we may be able to set them up for scanning, and for print jobs from the Library public computers. We hope that you like these new machines!



While students relaxed, we bought more books! Here are some titles in which you might be interested:

Ethnic and Racial Issues in the Management of Eye Diseases. International ophthalmology clinics. RE1.I7 v.43 no.4 Fall 2003

Ocular Oncology, edited by Daniel M. Albert, Arthur Polans. RC280 .E9 O28 2003

Sensation and Perception, 6h ed. by Stanley Coren, Lawrence M. Ward, James T. Enns. BF311.C7 2004

Corneal Dystrophies and Degenerations: a Molecular Genetics Approach, edited by Ming X. Wang. Ophthalmology monographs, v. 16. RE336 .C6625 2003

The Primate Visual System, edited by Jon H. Kaas, Christine E. Collins. QP383.15 .P755 2004

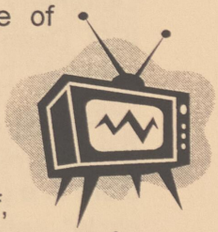
We hope that you enjoyed your break, and we look forward to seeing you in the Library!

ICO Updates

By Dr. Maino

ICO Feature in Optometric Management

A "Profile In Education" article featured an interview with Dr. Arol Augsburger, the current President of ICO, as well as a mini-historical review of the institution. This article also discussed our practice management programs and it noted that more than 79% of our students either go into a residency or private practice immediately upon graduation. Want more information? Check out vol. 38, no. 7 pg. 47-48 July 2003 issue of Optometric Management.



Faculty on National Television

In August, Peds/BV faculty member, Dr. Valerie Kattouf, appeared on morning news programs in 17 cities across the United States. She is a member of the AOA Communications Advisory Group which spearheaded a satellite media tour emphasizing pediatric eye care. Want to read more about it? See the front cover of the Aug 25th AOANews.

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New Collegiate Society of the IOA
ICO faculty who cannot participate in another society of the IOA can now interact in state optometric activities via the newly formed Collegiate Society of the IOA. The very first officers of the CSIOA include Dr. Dominick Maino (President), Dr. Geoffrey Goodfellow (Vice President) and Dr. Casey Hogan (Secretary). This group will allow ICO faculty to interact with the IOA membership on a professional, collective and personal level.

Babies, Babies, Babies
Maya Elizabeth Castells was born to Drs. David and Grace Castells on September 18th 2003. She weighed 9.5 lbs. Dr. & Mrs. Geoffery Goodfellow gave birth to twins also. Please welcome Grace and Graham Goodfellow to our OD family!



ICO Student in AOA News
Sima Lal was highlighted in a feature article in the AOANEWs (08/11/03). She was recognized as the 2003 Galina Award winner for her outstanding essay. Sima received $2500 and national recognition.

ICO Student Recognized for Excellence
ICO student, Kristy Genuario was awarded the 2003 Vistakon Award of Excellence. The recipient must demonstrate excellence in clinical contact lens patient care.

Dean & Faculty Featured in Review of Optometry
In the 06/15/03 issue of the Review of Optometry story, Optometry's Glass Ceiling, ICO Dean, Dr. Janice Scharre and faculty member, Dr. Jan Jurkus noted that women in optometry have achieved a great deal. Dr. Scharre was quoted as saying, "I don't think there is a plan to keep women out of the inner circle" and she should know since she has been the Dean of ICO for many years.

Presidential Update!
Dr. Arol Augsburger, President of ICO, has been extremely busy over the past couple of months. He welcomed the entering class and participated in ICO's Olympics, First Year Clinic Coating Ceremony and the Faculty Retreat. He also met with CEO Arne Duncan to discuss ICO and the Chicago Public Schools. Dr. Augsburger participated as a member of the ICO Players as the "voice on the radio" during the play, "Don't be Afraid of the Dark". He also met with top optometric educational leaders and others involved in the optical industry and political arena. ICO's President attended the opening of IIT McCormick Tribune Campus Center, hosted the ICO Alumni Reception at Wisconsin Optometric Association, and participated in the Fox Valley Optometric Society Golf outing recognizing Rep. John Miller. Dr. Augsburger's other activities included chairing the ASCO Student Affairs Committee meeting, attending the ASCO Diversity Task Force and making a presentation to the Lions Club of Beverly. He was also appointed to the Board of Mid-South Planning Commission and to the Chicago-Cook County Community Health Council Board.

ICO Helps ND Celebrate 100 Years
ICO had an opportunity to participate in the 100th anniversary of the North Dakota Optometric Association. Dr. Dominick Maino gave 4 hrs of continuing education and participated in many of the state organization's activities.

AAO Low Vision Section
Dr. Derrald Taylor is coordinating the review of case reports for the LV Diplomate program of Low Vision Section of the American Academy of Optometry. Application for diplomate includes five case reports or published articles as part of the qualification process. Want to become a LV Diplomate? Ask Dr. Taylor for assistance.

ICO has Certified Retinal Angiographer
ICO clinical photographer, Rebecca Tudor has fulfilled the requirements as set forth by the Board of Certification and has been declared a CERTIFIED RETINAL

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ANGIOGRAPHER by the Ophthalmic Photographers' Society this past September. Congratulations!

COVD has ICO Faculty Presence

Dr. Dominick Maino gave several hours of continuing education lectures on special populations to the College of Optometrists in Vision Development during its annual meeting in Phoenix this past October.

Dr. Goodfellow Lectures

Dr. Geoffrey Goodfellow gave a Paraoptometric CE lecture on "Common Diseases of the Eye" at the IOA meeting in Itasca this past fall.

MedFest a Success!

Drs. Sandy Block, Melissa Sigler, and Christine Allison with the assistance of numerous students, optometrists, Lions Club members and other volunteers had a wonderful time at MedFest 2003 and helped numerous patients at the same time.

ICO at ISVI

Dr. Derrald Taylor and Dr. Michael Zost completed a pediatric low vision clinic at the Illinois School for Visually Impaired in Jacksonville, IL. The project is sponsored by the Lions of Illinois Foundation and several Lions clubs and individuals provided additional support. Forty eight children were examined. ICO Residents Drs. Chad Carlson, Kara Hagerman, Shainul Waljee and Nadine Girgis provided direct care.

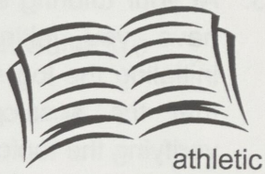
Lions Club News

Dr. Taylor accompanied Dr. Sandy Bury of Oak Lawn to the Crete Lions club meeting at which Dr. Bury gave an excellent presentation regarding the mission of VOSH and the several missions she had attended out of the country.

Low Vision Information

Dr. Taylor gave a lecture presentation regarding the nature of comprehensive low vision services at the U. of Illinois. Dr. Gerald Fishman and Dr. David McCumber also spoke to a group of 200 who were seeking to update information regarding the medical and low vision management of macular degeneration and hereditary retinal degenerations.

Faculty Publications



Beckerman S, Hitzeman A. Sports vision testing of selected athletic participants in the 1997 and 1998 Junior Olympics Games. Optometry 2003;74:502-16.

Steele G, Ireland D, Block S. Cycloplegic autorefraction results in preschool children using the Nikon Retinomax Plus and the Welch Allyn SureSight. Optom Vis Sci 2003;80:573-77.

Spies A, Messner L. An untreated macular hole with adjacent chorioidal neovascularization. Optom Vis Sci 2003;80:619-22.

Tutoring Changes

Beth Karmis, MA –
Director of Student Counseling & Enrichment

If you would like to have the assistance of a tutor this quarter, here's how you do it:

1. Complete a tutor authorization form for each course in which you'd like to be tutored. These are yellow forms that need to be signed by the faculty member teaching the course. You need to give this signed form to your tutor at your first meeting. This is her/his sign that you have the faculty member's OK to be tutored. Your tutor must turn in an authorization form for each student tutored. You can pick up a tutor authorization form in the Student Affairs Office or in the Wellness Center.
2. Obtain the Tutor List. Tutor Lists for the Winter Quarter will not be available until Tuesday, November 18th. You may receive the tutor list by stopping by the Wellness Center on the 3rd floor of the

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main building OR by emailing Beth Karmis at bkarmis@eyecare.ico.edu. This list is updated throughout the quarter. You make contact directly with the potential tutors to arrange the format and time of tutoring sessions.

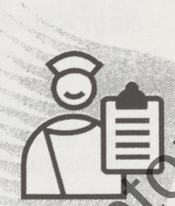
3. At your tutoring sessions the tutor should have you initial their log sheet. By initialing the log sheet you are confirming that the session did take place and verifying the topics covered.

Tutoring is intended to be a supplemental activity – enriching what is offered by the faculty in class/laboratory. It is not intended to be a substitution for class attendance or direct interaction with faculty. Please keep in mind that faculty are CONTENT EXPERTS in the courses they instruct.

If you have any questions or concerns about tutoring, please contact me at ext. 7415 or by email at bkarmis@eyecare.ico.edu.

Got Your Flu Shot Yet?

The top 5 reasons to do it TODAY…



It's not too late! October and November are the optimal months for this year's flu vaccine. While December is still "ok", this year's flu has already begun to make its appearance.

Being vaccinated lessens your chances of getting the flu by 60 – 80%. (CDC data) For immunized individuals who catch the disease, the symptoms tend to be milder and the duration shorter.(CDC data)

Jeanne Dougherty, ICO's Nurse Practitioner, and the Wellness Center staff provide a caring, comfortable & private environment to have the vaccine administered. It's free of charge to ICO students and only $8.00 for ICO/IEI faculty & staff.

Bookstore

On Monday, November 17th - Pioneer will be disbursing Trial Lens Sets in the ICO Bookstore between 12:30 and 2:30pm.

On Tuesday, November 18th, STAR will be in the ICO Gym, beginning at 8am-4pm.

Wednesday we have Woodlyn and Lombart scheduled for distribution, sharing the ICO Gym with Health Services.

Please check your boxes for additional information.

Book Order Forms are available in the ICO Bookstore for Winter orders.

Special thank you to Joel Sollom, confirming 2nd year custom case orders. Volk has received our order and we are looking at our cases being delivered late Winter 2003 to Early Spring 2004. We will keep you updated.

We are receiving new clothing/novelty items and have 3 new custom ICO/IEI products available. Please drop by to take a look at the August 2004-August 2006 Wall Calendar, designed by Beverly Barnes that will be offered for Sale beginning Spring 2004. On our shelves we have new panoramic ICO postcards available for sale and soon to come are mouse pads, designed by Beverly, showcasing ICO and the IEI.

We look to continue to bring you new and exciting items throughout the year and wish you a wonderful winter quarter!

Lions Club @ ICO

Members Wanted!

The Lions Club is interested in starting a chapter at ICO. One of the important missions of the Lions Club is to provide services for the blind and visually impaired. The Lions accomplish this mission both on local and global levels. Besides the vision emphasis, the Lions organization is involved in many educational and community improvement

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endeavors. The ICO chapter will be what we make it. The only way to become a Lion is to be invited to join and ICO students have been invited to join at no charge. If you are interested and didn't receive a form yet, please contact Liz Chu box 328 or Deanna LaBross box 373.

2003 Women in Optometry/Food Drive



This Friday, November 14, 2003 at 7:00 P.M. is the Women in Optometry Panel Discussion event. The premiere women in optometry will discuss their pathway to success. Also this is a community service event with the admission being 2 canned goods or 2 non-perishable food items. All items received are being donated to the Pilgrim Baptist Church. Please come out to meet these great women and help a great cause.

Place: Room 1200 – Lecture Hall
Time: 7:00 P.M.
Date: November 14, 2003
Admission: TWO canned goods/non-perishable food items
A reception will follow for all in attendance.

Health Profession Scholarships

Health professions scholarships target American Indians and Alaska Natives. HHS Indian Health Service has announced the availability of $3.7 million in health professions scholarship funds for fiscal year 2004. The grants are intended to encourage American Indians and Alaska Natives to enter the health professions, and to assure the availability of Indian health professionals to serve Indians. Roughly 200 awards will be made under the Health Professions Preparatory and Pregraduate Scholarship Programs for Indians, where the average award for a full-time student is about $20,000. About 240 awards will be made under the Indian Health Scholarship Program, for which the average award for a full-time student is about $23,500. The application deadline is Feb. 26, 2004. For more, see the notice in the Oct. 23 Federal Register at http://www.access.gpo.gov/su_docs/fedreg/a031023c.html under Indian Health Service.

Enid-Mai Jones, M.S. Ed
Director, Career Promotion & Student Affairs
Association of Schools and Colleges of Optometry
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Rockville, MD 20852
(301) 231-5944, ext. 3019
(301) 770-1828 [FAX]
ejones@opted.org [EMAIL] www.opted.org

Internet Optometric Forum – Fourth Years

Dr. David Yalovsky, optometrist from Montreal, Canada and Vice-President of Casa Vision Inc., is promoting vision screening of the general population by a series of projects with the new self-testing vision screener, developed by Pfizer and Johnson & Johnson Visioncare. This company now has an internet web site with a goal to establish an "optometric community". This can be done via chat room discussions on current optometric topics between final year optometry students and practicing optometrists worldwide. Community discussions can involve student to student, student to doctor, and doctor to doctor. This site also allows for on-line vision screening, using the Casa Vision Screener.

They are prepared to waive the web site membership fees, at the outset, for all optometric final year students, to encourage participation in this program. For more information contact Dr. David Yalovsky, david@casa-vision.com, 514-737-4194.

Attention Third Year Students – Graduation Pictures



Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 16 & 17**, 2003 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets are posted on the third year bulletin board.

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Attention Fourth Year Students

Mark you calendars

Commencement Capstone Program – will take place on Wednesday, May 19, 2004. Commencement rehearsal will also take place on Wednesday, May 19th in Rockefeller Chapel on the University of Chicago campus. Time and details to be announced.

Commencement for the Class of 2004 will be held on Saturday, May 22, 2004 at 1pm in Rockefeller Chapel.

Volunteer Opportunity for Students

The Illinois Division of Prevent Blindness America is searching for student volunteers to help with children vision screenings to be held at the Kohl Children's Museum (165 Greenbay Road, Wilmette, IL) on the following dates:
2:30-5:00PM, January 19, 2004 (Martin Luther King Jr's birthday and holiday)
February 16, 2004 (President's Day holiday)
and March 1, 2004

This is an excellent opportunity to become involved in an important philanthropic organization. The time commitment is minimal and you would be helping to serve a vital activity of this organization. Early commitment to one or more of these dates would be extremely helpful. As soon as possible, interested individuals should contact:
Kathy Stein
Illinois Program Coordinator
Prevent Blindness America
Schaumburg, IL
kstein@preventblindness.org
800-331-2020 x338

Contact Dr. Daniel Roberts at x7318 at the College if you have any questions.

CLASSIFIEDS

Student Job

Student Opportunity to learn and contribute in a private Optometric setting. Busy office (two locations: Lincoln Park and Bucktown) needs part-time help. Flexible hours (Saturdays are important). 1st, 2nd 3rd 4th year student patient care responsibilities will be commensurate with your competencies and will include day to day practice management duties; i.e. Computer data, billing, sales, dispensing etc..
CONTACT: Dr. Greg Artim OD @ 773-549-5836

Workstudy at U of C Hospital

ICO has a work study program with the U of C Hospital. Dr. Valerie Kattouf is signing off on the work study authorization form. If any students are interested please have them contact Colleen at U of C (773) 702-3189. They began this program less than 6 months ago and it is going well. The ICO students say that it is nice to make a little money and it is a valuable experience because the diseases they see will help them in the future. U of C Hospital looks forward to hearing from interested ICO students.

Second, Third & Fourth Year Students

From: Dr. Trachimowicz
Ocular Anatomy Tutors are needed for Winter Quarter.
If interested in **tutoring** for the ocular anatomy course please contact me via mailbox, email (Rtrachim@ico.edu) or voicemail (ext. 7180) so I can inform Beth Karmis of your availability.
Thanks.

RESIDENCIES

***For more detailed information regarding residencies, p lease s top b y Student Affairs. All residency information is located in the cabinet on the South Wall.**

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
	•		
The Dan David Prize	• Outstanding doctoral student • Topic relating to field chosen for the year 2004	$ 15,000	January 10, 2004 Must visit website at www.dandavidprize.org
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office
Varilux Student Grant Award Program	• 3rd and 4th years • Case report on patient	$1,000 and entry into national judging	To Dr. Colip By March 1st, 2004
The 2004 Dr. Seymour Galina Grant (Look under Galina)	• One 3rd year student • Paper not to exceed 1,500 word • Member of AOSA and AOA	$2500	To Dr. Colip By April 21, 2004

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Gym Closings

Please check the bulletin board and gym door for upcoming gym closings during the busy holiday season. Closings are also listed on the fitness center information line X7462.

Fitness Center Hours

The new winter quarter hours are as follows:
Monday-Friday 6 am – 11 pm
Saturday 9 am – 11 pm
Sunday 8 am – 11 pm

Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Two special discounts are still available.
All first time clients receive 20 minutes for $15 dollars (regular cost is $1 per minute). Also, past clients can refer a new client and receive 5 free minutes. These minutes may be redeemed after the referral massage has taken place.
Cost is $10 per 10-minute sessions, and

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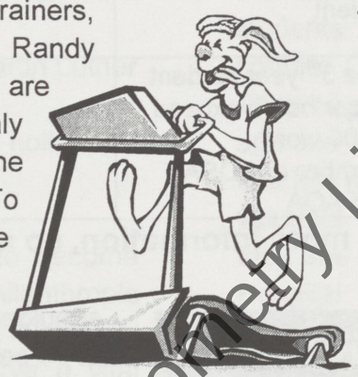
gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, November 20.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).



FREE Fitness Services

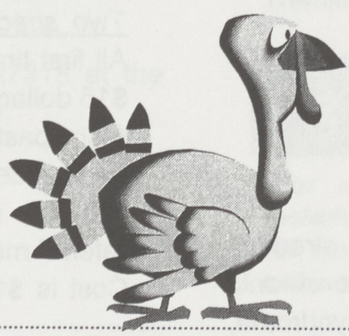
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Overtraining is a term that is used to describe a situation when an imbalance occurs between training and recovery. The symptoms of overtraining can vary from one person to another. However, the following symptoms are common with overtraining.

- Impaired physical performance
- Reduced enthusiasm and desire for training
- Increased resting heart rate
- Increased resting blood pressure
- Chronic muscle or joint pain
- Increased incidences of injuries or viruses
- Increased perceived exertion during normal workouts
- Reduced appetite
- Dramatic weight loss
- Disturbed sleep patterns

If you suspect that you're suffering from overtraining, first visit your physician to rule out any other problems. If overtraining is the diagnosis, take a few days off. Increase your fluid intake and get a massage if possible. Take a look at your program and make changes to improve it.



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FALL INTO FITNESS



ICO's Autumn Wellness Program

Wednesday, November 19th, 2003

11:00 a.m. until 2:30 p.m.

Gym

Wellness screenings will include cholesterol, blood sugar, blood pressure checks (random – no fasting required)
Fitness evaluation – Body Composition Analysis (4 hour fast / no food & no exercise prior)
Surviving Holiday Stress
Surviving Holiday Eating
Massage Therapy
Running Shoe Fitting Seminar by Fleet Feet
Chiropractic Screenings offered by student chiropractic clinicians from National University of Health Science
Fun games…fun treats

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WINTER 2003-2004 EXAM SCHEDULE

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM IN ROOM 1200-1203 UNLESS OTHERWISE INDICATED			
DATE	**FIRST YEAR**	**SECOND YEAR**	**THIRD YEAR**
2-Dec T	BHS 120.2 Geo/Theo Optics **Room 1200-1203**	BHS 254.2 Gen/Ocu Pharmacology **Room 1201-1202**	
5-Dec F	BHS 150.2 Biochemistry **Room 1200-1203**	CLE 270.2 OphthalmicOptics III **Room 1201-1202**	
8-Dec M	BHS 107 Ocular Anatomy **Room 1200-1203**		
9-Dec T		BHS 263.1 Ocular Disease I **Room 1200-1203**	
11-Dec TH	BHS 116.2 Human Physiology **Room 1200-1203**		
12-Dec F		CLE 262.2 Optometry 2.2 **Room 1200- 1203**	BHS 360.2 Clinical Medicine II **Room 1201-1202**
15-Dec M		BHS 245 Color Vision **Room 1200-1203**	
16-Dec T	CLE 162.2 Optometry 1.1 **Room 1200-1203**		
18-Dec TH			CLE 376.1 Strab & Amblyopia **Room 1200-1203**
19-Dec F	BHS 120.2 Geo/Theo Optics **Room 1200-1203**	BHS 246 Visual Perception **Room 1201-1202**	
6-Jan T	BHS 107 Ocular Anatomy **Room 1200-1203**	BHS 248 Persp on Behavioral Disorders **Room 1201-1202** ***12 PM***	
7-Jan W			CLE 367 Low Vision **Room 1200-1203**
8-Jan TH		BHS 254.2 Gen/Ocu Pharmacology **Room 1200-1203**	
9-Jan F	BHS 150.2 Biochemistry **Room 1200-1203**		
12-Jan M	BHS 116.2 Human Physiology **Room 1200-1203**		
13-Jan T		CLE 270.2 OphthalmicOptics III **Room 1200-1203**	BHS-363.4 Gen/Ocular Emerg **Room 1201-1202**
15-Jan TH	BHS 120.2 Geo/Theo Optics **Room 1200-1203**		BHS 360.2 Clinical Medicine II **Room 1201-1202**
16-Jan F		CLE 262.2 Optometry 2.2 **Room 1200-1203**	
20-Jan T	CLE 162.2 Optometry 1.1 **Room 1200-1203**		
21-Jan W	CLE 194 Health Promotions **1200-1203**	BHS 263.1 Ocular Disease I **Room 1201-1202**	
22-Jan TH			CLE 376.1 Strab & Amblyopia **1200-1203**
23-Jan F	BHS 150.2 Biochemistry **Room 1200-1203**	BHS 246 Visual Perception **Room 1201-1202**	
26-Jan M		BHS 248 Behav. Disorders **Room 1200-1203** ***8 AM***	
27-Jan T	BHS 107 Ocular Anatomy **Room 1200-1203**		
28-Jan W		BHS 245 Color Vision **Room 1200-1203**	
29-Jan TH			CLE 367 Low Vision **Room 1200-1203**
30-Jan F	BHS 116.2 Human Physiology **Room 1200-1203**	BHS 254.2 Gen/Ocu Pharmacology **Room 1201-1202**	
3-Feb T		CLE 270.2 OphthalmicOptics III **Room 1200-1203**	

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FOCAL POINT

ICO Student Newsletter **December 2, 2003**

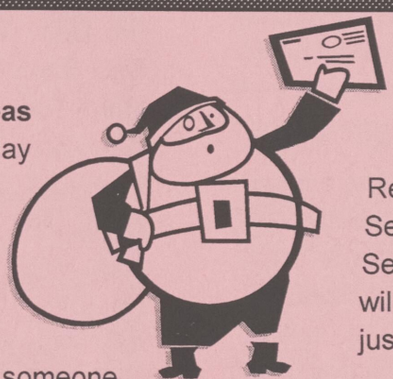
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Tuesday, December16,, 2003 and the submission deadline is December 13.

C A M P U S N E W S

From the Mailroom:

Holiday Mailing and Shipping ideas



The mailroom will send your holiday cards out in the regular mail. Please have your pre- stamped cards bundled (with a rubber band) and put them in the out going mail tray. If your cards need to be posted please give them to someone in the mailroom with the correct postage. The mailroom will accept a check made out to the order of ICO, however we can not accept credit cards. To insure delivery before the holidays, cards should be mailed no later than December 17th, 2003. If you are sending cards internationally have them in the mail by December 12th or earlier. If you need a zip code, go to www.usps.com .

The mailroom can provide brown wrapping paper, package sealing tape and a place for you to wrap your packages.

Please remember that the only way we can send out a package insured and trackable is to ship it via UPS. UPS rates are usually less costly than 1st class mail and the heavier the package the greater the price difference. UPS can not accept any packages that are addressed to P.O. Boxes. If you must send your package using the USPS system please come down and wrap your package. You can then take your package to a United States Postal Station where they can insure the package.

Regarding shipping for the Holiday Season UPS has sent a Holiday Service Schedule. The Schedule will be posted on the bulletin board just outside the mailroom.

As always we have UPS and FedEx overnight and second day service. Only FedEx service can be billed to your student account.

If you need any other information we will be happy to help.

2004-05 R.A. Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2004 – 2005 resident assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications will be available December 2nd. The deadline for the applications will be Friday, December 19th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it.

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Get Involved in the AOSA

The American Optometric Student Association (AOSA) is now taking applications to serve as a National Liaison in the following positions:

- American Academy of Optometry (AAO)
- American Public Health Association (APHA)
- American Optometric Association/Political Action Committee (AOA-PAC)
- Armed Forces Optometric Society (AFOS)
- Association of Schools & Colleges of Optometry (ASCO)
- College of Optometrists in Vision Development (COVD)
- Optometric Extension Program Foundation (OEPF)

National liaisons represent all 5,300+ students of optometry to each of the above-listed organizations. They work directly with the group's leaders to provide students' input to issues impacting the organizations. Liaisons travel to the organization's annual meetings, participate in working groups, and report to the AOSA Board of Trustees at the joint AOA/AOSA conference. They also coordinate the efforts of local liaisons located at each of the 19 schools of optometry.

ICO currently has two students serving as national liaisons, fourth years Ryan Haiar (ASCO) and Sima Lal (APHA). If you are interested in working directly as a spokesperson for optometry students nationwide and want to work closely with leaders of the organizations above, please email Lindsay Luker (AOSA Trustee) at laluker@hotmail.com or Al Licup (AOSA Trustee-Elect) at aslicup@msn.com for an application. The deadline for applying is January 15, 2004.

IDOLLARS$

Just a reminder to commuters who may want to eat in the cafeteria and not use cash. The IDOLLARS$ Account is a declining balance account. Simply deposit money (cash or check) into this account, and your One Card becomes your personal IDOLLARS$ Card. You can use IDOLLARS$ in the cafeteria, library copy machines and vending machines.



Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Welcome back from Thanksgiving! We hope that you are well rested and fed.

Library Winter Holiday Hours:
Mon., Dec. 1-Thu., Dec. 18 - Normal hours
Fri., Dec. 19 - 8:00 am- 2:00 pm
Sat.- Sun., Dec. 20-21 - Closed
Mon.- Tue., Dec. 22-23 - 8:00 am-5:00 pm
Wed.-Sun., - December 24-28 Closed
Mon.-Tue., Dec. 29-30 - 8:00 am- 5:00 pm
Wed., Dec, 31 - Closed
Thu., Jan. 1 - Closed
Fri., Jan. 2 - 8:00 am-5:00 pm
Sat.-Sun., Jan. 3-4 - Closed
Mon., Jan. 5 - Normal hours resume

The Library has a new exhibit in the display cases of books about vision or the eye written for children. We buy them so that you can explain eye problems and vision to your pediatric patients, or simply tell children what optometrists do. They also would be useful if you are asked to advise grade school students about optical or optometric science projects. Please ask a staff member if you would like to examine or check out any of the books in these display cases.

Check out the bounty of our new books!

How to Survive Peer Review, Elizabeth Wager, Fiona Godlee, Tom Jefferson.PN151.W25 2002

Williams Textbook of Endocrinology, 10th ed., Ref. RC648.T4 2003

Progress in Strabismology, 9th Meeting of the International Strabismological Association,

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Sydney, Australia, 17-20 April 2002. RE771.I5 2003

Immunology of Ocular Tumors, edited by Manfred Zierhut, Bruce R. Ksander, Martine J. Jager. RC280.E9 I49 2002

Clinical Guide to Glaucoma Management, Eve J. Higginbotham, David A. Lee. RE871.C564 2003

Pediatric Ophthalmology for Primary Care, 2nd ed. Kenneth W. Wright. RE48.2 .C5 W81 2003

Human Factors in Lighting, 2nd ed. Peter R. Boyce. TH7725.B6 2003

Good luck in your studies.

Acknowledgments from NOSA

On November 14, 2003, the National Optometric Student Association hosted 2003 Women in Optometry/Food Drive. The event was a success and very rewarding for everyone in attendance. I am grateful for all who attended and supported us in our first panel discussion/food drive.

I would like to take this opportunity to acknowledge everyone who were key in making this event a huge success. Ramona Baumfalk, Jason Blowe, Jennifer Crown, Lauren Guzik, Sonia Joshi, Bimal Kaur, Deana LaBrosse, Nhat Le, Al Licup, Tracey Marshall-Underwood, Kathy Melendez, Stephanie Mulick, Nga Phan, Joseph Pruitt, Priscilla Ramos, Kelly Shallwani, Karina Sigulinsky, Tara Van De Wyngaerde, Tamika Williams, Dr. Vince Brandys, Dr. Colip, Aisha Davis, the Bookstore, the Focal Point Editor (Kathy Brownfield), Food Service Staff, the Mailroom (Daisy Varkalis and her work study staff), Pictures/Program Design (Victoria Cichy, Al Pouch, and Jessica Tran), Dr. Rebecca Zoloski, and Dr. Valerie Kattouf.

This event would not have been possible without the assistance of everyone listed above. Thank You for making the panel discussion/food drive a huge success.
Samantha Hair, NOSA President

Upcoming NOSA Meeting

The next NOSA meeting will be held December 10, 2003 in room 1200. The time will be announced at a later date.

Flu Shot

It's not too late! December is still "ok", to get your flu shot. This year's flu has already begun to make its appearance.

Being vaccinated lessens your chances of getting the flu by 60 – 80%. (CDC data) For immunized individuals who catch the disease, the symptoms tend to be milder and the duration shorter.(CDC data)

Jeanne Dougherty, ICO's Nurse Practitioner, and the Wellness Center staff provide a caring, comfortable & private environment to have the vaccine administered. It's free of charge to ICO students and only $8.00 for ICO/IEI faculty & staff.

Attention Third Year Students – Graduation Pictures



Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 16 & 17**, 2003 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets are posted on the third year bulletin board.

Commencement Information

Commencement Capstone Program – will take place on Wed., May 19, 2004. Commencement rehearsal will also take place on Wed., May 19th in Rockefeller Chapel on the University of Chicago campus. Time and details to be announced.

Commencement for the Class of 2004 will be held on Sat, May 22, 2004 at 1pm in Rockefeller Chapel.

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CLASSIFIEDS

Work Study Needed
Student needed to assist in administrative tasks pertaining to Sidney Hillman Health Center. This is a good position to juggle around classes. Please contact Dr. Patrick Kwong at (312)949-7274 or pkwong@eyecare.ico.edu if interested.

RESIDENCIES

***For more detailed information regarding residencies, p lease s top b y Student Affairs. All residency information is located in the cabinet on the South Wall.**

From Dr. Stephanie Messner:
I have begun putting information that I have received f rom various residency programs in fourth year student mailboxes. In those instances when I receive an insufficient number of pamphlets to distribute to all 4th year students, information is placed in the Residency File in the Student Affairs Office. Information about the following residency programs is now available in this file:

State University of New York, State College of Optometry – Catalog of Affiliated Residency Programs. *Includes information on programs in* :

1. Cornea and Contact Lenses (SUNY)
2. Family Practice Optometry (East NY Diagnostic And Treatment Center, Brooklyn)
3. Family Practice Optometry (US Military Academy, West Point)
4. Low Vision Rehabilitation (SUNY/NY Lighthouse)
5. Ocular Disease (SUNY)
6. Ocular Disease/Primary Care (VA, Harbour Health Care System)
7. Pediatric Optometry (SUNY)
8. Primary Eye Care (SUNY)
9. Primary Eye Care (VA, New Jersey Health Care System)
10. Primary Eye Care/Ocular Disease (VA, Hudson Valley)
11. Primary Care/Vision Therapy and Low Vision (Northport VA Medical Center)
12. Vision Rehabilitation (Acquired Brain Injury) and Primary Eye Care (SUNY)
13. Vision Therapy and Rehabilitation (SUNY)

Southern C alifornia College of Optometry Brochure
Includes information on programs in:

1. Pediatric Optometry and Vision Therapy (SCCO)
2. Cornea and Contact Lenses (SCCO)
3. Ocular Disease/Low Vision Rehabilitation (VA Los Angeles Ambulatory Care Center)
4. Geriatrics/Primary Care (West LA VA Healthcare)
5. Ocular Disease (Barnet Dulaney Perkins Eye Center, Phoenix, AZ)
6. Primary Eye Care (Sepulveda VA Ambulatory Care Center)
7. Low V ision R ehabilitation (Center f or t he Partially Sighted, LA)
8. Primary Eye Care (Northern Navajo Medical Center, Shiprock, AZ)
9. Primary Eye Care (Crownpoint Healthcare Facility USPHS Indian Hospital, NM)
10. Primary Eye Care/Low Vision Rehabilitation (Southern AZ VA Health Care, Tucson)
11. Primary Eye Care/Ocular Disease (Hu Hu Kam Memorial Hospital, Sacaton, AZ)
12. Primary Eye Care (Kayenta Indian Health Center, AZ)
13. Primary Eye Care (Gallup Indian Medical Center, NM)
14. Primary Eye Care (Standing Rock Indian Hospital, Fort Yates, ND)
15. Primary Eye Care (Pettis VA Medical Center, Loma Linda, CA)
16. Primary Eye Care (VA Salt Lake Health Care System, UT)

Flyers from University of California Berkeley
Includes information about the following programs:

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1. Binocular Vision (UCB)
2. Ocular Disease (UCB)
3. Contact Lens (UCB)
4. Pediatrics (UCB)
5. Low Vision (UCB)
6. Primary Care (UCB)
7. Primary Care (Fresno VA)
8. Primary Care and Low Vision Rehabilitation (Palo Alto VA and Western Blind Rehab Center)
9. Primary Care (San Francisco VA)

Brochures from Pacific University College of Optometry

Includes information on the following programs:

1. Primary Eye Care (Roseburg VA, Oregon)
2. Primary Eye Care/Refractive and Surgical Co-Management (Wainright VA, Walla Walla, WA)
3. Ocular Disease/Refractive and Ocular Surgery (Eyecare Associates of Nevada, Reno)
4. Primary Eye Care/Geriatric Optometry (Spokane VA)
5. Primary Eye Care (Portland VA)
6. Geriatric Optometry/Primary Care (VA Puget Sound, Tacoma, WA)
7. Cornea and Contact Lenses (PUCO)

Flyers from The Ohio State University College of Optometry

Includes information about the following programs:

1. Primary Eye Care/Ocular Disease (Chillicothe/Columbus VA)
2. Primary Eye Care Ocular Disease (Cleveland VA)
3. Primary Eye Care Ocular Disease (Dayton VA)
4. Primary Eye Care Ocular Disease (Hampton VA, Hampton, Virginia)
5. Ocular Disease (Cincinnati Eye Institute)
6. Ocular Disease (Eye Center of Toledo)
7. Ocular Disease (Ohio Eye Alliance, Alliance, OH)

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
New Hampshire Optometric Association (NHOA)	• New Hampshire resident	$1,000to $2,000	No Deadline
The Dan David Prize	• Outstanding doctoral student • Topic relating to field chosen for the year 2004	$ 15,000	January 10, 2004 Must visit website at www.dandavidprize.org
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

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American Optometric Association Student Leadership Award	• Third year student • Leadership role • One page curriculum vita • Statement about leadership role	$1,000	February 2, 2004 – To Student Affairs Office
Varilux Student Grant Award Program	• 3rd and 4th years • Case report on patient	$1,000 and entry into national judging	To Dr. Colip By March 1st, 2004
The 2004 Dr. Seymour Galina Grant (Look under Galina)	• One 3rd year student • Paper not to exceed 1,500 word • Member of AOSA and AOA	$2500	To Dr. Colip By April 21, 2004

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Gym Closings

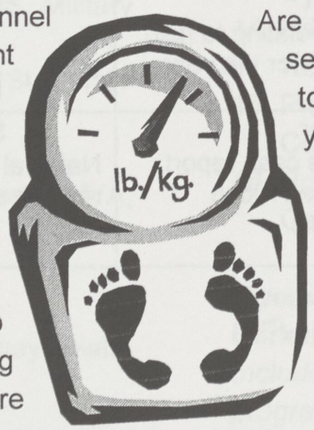
Please check the bulletin board and gym door for upcoming gym closings during the busy holiday season. Closings are also listed on the fitness center information line X7462.

Health for the Holidays

Enjoy the holidays in great health by participating in the Health for the Holidays incentive program. Physical activity, healthy eating, weight control and stress management will all be covered in this well-rounded program. Contact Shelby at X7460 for more information. Sign-up sheets are due Wednesday, December 3.

Massage Therapy

Do the approaching holidays have you stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!



Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Two special discounts are still available. All first time clients receive 20 minutes for $15 dollars (regular cost is $1 per minute). Also, past clients can refer a new client and receive 5 free minutes. These minutes may be redeemed after the referral massage has taken place.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, December 4.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and

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faculty members. Your trainers Donnie Hager, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Donnie through box 46, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

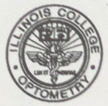
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Counting Calories

How many calories do you eat in a day? Chances are you do not know. Many Americans are battling weight loss today. A large part of this battle is underestimating daily calorie intake. A study at the Human Nutrition Research Center in Beltsville, Maryland reported that in a survey of 98 men and women, six out of seven women underreported calorie intake by an average of 621 calories. Six out of ten men underreported by an average of 581 calories. This is significant considering that lowering your calorie intake by 500 calories a day will result in a one pound weight loss per week. Get the results you want by using scales and measuring devises to accurately record calorie intake.

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ILLINOIS COLLEGE OF OPTOMETRY WINTER QUARTER, 2003/2004

SCHEDULE OF FINAL EXAM

November 21, 2003

	Tuesday	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 3	February 7	February 9	February 10	February 11	February 12	February 13	February 14
9:00 – 11:00		BHS 107 Applied Ocular Anatomy	BHS 263.1 Ocular Disease	CLE 262.2 Optometry 2.2		BHS 245 Color Vision	CLE 270.2 Ophthalmic Optics III	CLE 162.2 Optometry 1.1
1:30 – 3:30	BHS 364.4 General & Ocular Emergencies							
1:45 – 3:45			CLE 376.1 Strabismus & Amblyopia	BHS 360.2 Clinical Medicine II		BHS 116.1 Human Physiology		
2:30 – 4:30		BHS 254.2 Pharmacology						BHS 246 Visual Perception
4:00 – 6:00			BHS 150.2 Biochemistry II	BHS 120.2 Geometrical & Theoretical Optics		CLE 367 Low Vision		

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, FEBRUARY 16 AND TUESDAY, FEBRUARY 17.

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FOCAL POINT

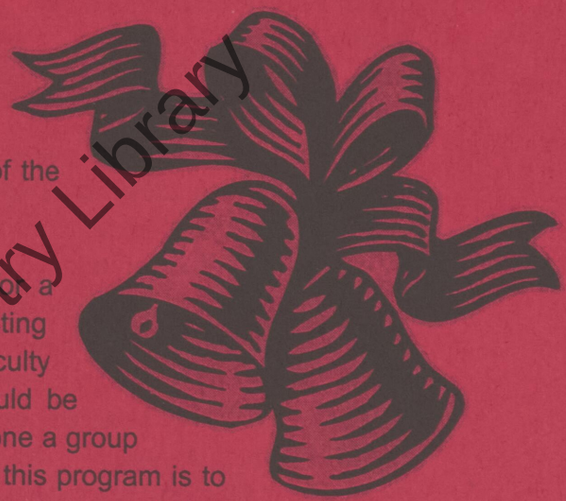
ICO Student Newsletter
Editor: Kathy Brownfield x7401

December 16, 2003

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, January 16,, 2004 and the submission deadline is Wednesday, January 14.

CAMPUS NEWS

To all students



This will be the last newsletter you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that you likely have not had much time to relax and enjoy the beauty of the holiday season.

I would like to brag about all of you if you would indulge me for a moment. Recently the Student Association President compiled a listing of all of the philanthropic activities that students (as well as many faculty and staff) have been involved with this fall. The final listing would be impressive for any volunteer community service organization, let alone a group of students enrolled in a demanding doctoral program. The goal of this program is to assist young people in becoming outstanding doctors of optometry. This is accomplished in a number of ways both in and outside of the classroom. Your individual efforts in philanthropic areas reassures us all that you will become not only outstanding doctors, but outstanding members of your communities as well. I applaud your selfless efforts and assure you that the time and efforts that you donate to your communities is returned many times over in life's blessings. Last year President Bush issued a challenge to everyone to reach out and help their neighbors during the holiday season, I'm pleased to see that spirit continues this year at ICO.

I would like to issue my yearly challenge to each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

This is a wonderful season and you should enjoy it's magic.

Best wishes to all for safe travels and happy holidays! See you next year!

Mark Colip, O.D.
Dean for Student Affairs

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American Academy of Optometry News:

Congratulations to fourth year student JILL DAVIDS! Jill was chosen to receive a $500 travel fellowship from the American Academy of Optometry in recognition of her presentation of a poster at the 2003 annual meeting in Dallas. Jill's poster "Symptomatic carotid artery dissection secondary to bilateral fibromuscular dysplasia" was presented on Thursday, Dec. 4th. Her co-authors are Dr. Tricia Newman and Dr. Leonard Messner.
Mary Flynn Roberts, OD, FAAO

Go Skiing for a Weekend



The National Optometric Student Association is hosting its first ski event of the year at one of Wisconsin's largest ski resorts January 16-18th, 2003. The resort has 3 mountains and 35 master-designed ski runs and trails that are guaranteed to match your skiing ability and daring skills. Experience an Austrian style ski village tucked into the heart of the "Big Snow Country" where it snows over 200" annually. What better way to take a break from studying and to celebrate Dr. Martin Luther King's Holiday. Stop by our table December 17 – 19th, 2003 and January 5-9, 2004 to find out more information and to purchase tickets. There is limited space, so don't miss out!

Costa Rica Mission Opportunity



We are looking for an optometric student or two to join us for a mission trip to Costa Rica for the week of Jan. 17th. We will be working in a small town called Parrita which is close to the Pacific Ocean. Work days are planned for Monday through Thursday with R+R planned for Friday and Saturday. The cost of the trip is $850 which includes air fare, hotel, trip insurance, some meals and transportation. I Care International could take care of some of these costs. Passports are needed and they need to have been issued at least three months before the arrival date. We presently have two optometrists and a team of about 40 (28 from the states) and the others from the local area. We will be seeing between 300 and 500 per day depending on the number of optometrists and optometric students on the trip.

If any students have any questions, please contact me. I can be reached at (309) 698-2020 (daytime); (309)745-8378 (evening); or (309) 453-0967 (cell).
Allen Potter

Wellness Center

Questions and Answers About: Influenza



What is influenza (flu)?
Influenza, commonly called "the flu," is caused by the influenza virus, which infects the respiratory tract (nose, throat, lungs). Unlike many other viral respiratory infections, such as the common cold, the flu causes severe illness and life-threatening complications in many people.

What are the symptoms of the flu?
Influenza is a respiratory illness. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional gastrointestinal symptoms, such as nausea, vomiting, and diarrhea, but these symptoms are uncommon in adults. Although the term "stomach flu" is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by certain other viruses, bacteria, or possibly parasites, and are rarely related to influenza. Please also see our fact sheet "Is it a Cold or the Flu".

When is the flu season in the United States?
In the United States, the peak of flu season can occur anywhere from late December through March. The overall health impact

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(e.g., infections, hospitalizations, and deaths) of a flu season varies from year to year. CDC monitors circulating flu viruses and their related disease activity and provides influenza reports each week from October through May.

How does the flu spread?
The flu is spread, or transmitted, when a person who has the flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus. The virus enters the nose, throat, or lungs of a person and begins to multiply, causing symptoms of influenza. Influenza may, less often, be spread when a person touches a surface that has flu viruses on it – a door handle, for instance – and then touches his or her nose or mouth.

Does the flu have complications?
Yes. Some of the complications caused by flu include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children may get sinus problems and ear infections as complications from the flu. Those aged 65 years and older and persons of any age with chronic medical conditions are at highest risk for serious complications of flu.

How do I find out if I have the flu?
It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone. A test can confirm that an illness is influenza if the patient is tested within the first two to three days after symptoms begin. In addition, a doctor's examination may be needed to determine whether a person has another infection that is a complication of influenza.

How soon will I get sick if I am exposed to the flu?
The time from when a person is exposed to flu virus to when symptoms begin is about one to four days.

How long is a person with flu virus contagious?
The period when an infected person is contagious depends on the age of the person. Adults may be contagious from one day prior to becoming sick and for three to seven days after they first develop symptoms. Some children may be contagious for longer than a week.

How many people get sick or die from the flu every year?



Each flu season is unique, but it is estimated that approximately 10% to 20% of U.S. residents get the flu, and an average of 114,000 persons are hospitalized for flu-related complications. About 36,000 Americans die on average per year from the complications of flu.

Flu Shot Resources

Northwestern Memorial Hospital
251 East Huron Street
Chicago, IL 60611
Ph. # (312) 926-8282
Hrs: M-F 7-11; 1-5
Walk-ins ok. Call prior to going to insure the shot is still available. The cost is $30.00 out of pocket. They will not bill insurance. NO EXCEPTIONS!

Family Practice – Dr. Rothschild
1550 S. Indiana
Chicago, IL 60605
Ph. # (312) 939-0823
Flu shots are available for individuals with proof of a history of asthma and/or diabetes. Must call to schedule an appointment.

King Community Center
43rd and Cottage Grove
Chicago, IL
Ph. # (312) 747-1913
Reserved for individuals in the "high risk" category. Please call prior to going to insure the shot is available for you.

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Englewood Health Center
1135 West 69rd Street
Chicago, IL
Ph. # (312) 747-7867
Must call prior to going to insure the shot is available.

Peter E. Friedell Medical Group available in IEI

We are happy to announce the opening of the Peter E. Friedell (PEF) Medical Group within the Illinois Eye Institute.

PEF is an established multidisciplinary medical group with hospital affiliations that include Jackson Park, Mercy, and the University of Illinois hospitals. Beginning in January 2004, PEF will see patients on the second floor of IEI across from Primary Eyecare Suite 3 on Monday afternoons from 1:00 p.m. – 6:00 p.m. and Wednesday mornings from 9:00 a.m. – 1:00 p.m. as a pilot program.

The IEI practice will compliment the clinical services provided at other PEF clinical facilities and will at first be limited to family medicine. PEF's scope of practice includes the disciplines of family medicine, ob-gyn, and pediatrics. PEF accepts most major insurance plans as well as Medicare and Medicaid.

We anticipate the PEF at IEI practice to ultimately be established as a federally qualified health center (FQHC) that will be able to accept medically indigent and uninsured populations. Follow-up information regarding referral protocols between PEF and IEI will be forthcoming.

The staff of the PEF will wear identification badges with a different background than ICO/IEI employee/student badges. Although the staff members in the Peter E. Friedell Medical Group are not employed by ICO/IEI, they will be utilizing our facility and we welcome their presence here at our campus!

Please note that the inclusion of PEF Medical Group does not change the way that we handle institutional health at ICO for our staff and students. ICO's Nurse Practitioner, Jeanne Dougherty, will continue to serve the health and wellness needs of all ICO students and staff as usual. Utilization of the PEF Medical Group will be an option for those students or staff seeking physician services, however it will be on a fee per service basis and paid by the individual.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

The Library welcomes a new staff member! Michelle Barnett has joined the library staff and will be working both in the workroom and at the circulation desk. Michelle Barnett already was part of the ICO community, being engaged to first year student, Douglas Kelley. We are very happy to have her with us in the Library.

The Library will have special hours during the winter holidays. They also are posted on our website:

Mon., Dec. 1-Thur., Dec 18 - Normal hours
Fri., Dec. 19 - 8:00 am- 2:00 pm
Sat. - Sun., Dec. 20-21 - Closed
Mon. – Tue., Dec. 22-23 - 8:00 am-5:00 pm
Wed.-Sun., Dec. 24-28 - Closed
Mon.-Tue., Dec 29-30 - 8:00 am- 5:00 pm
Wed., Dec 31 - Closed
Thur., Jan. 1 - Closed
Fri., Jan. 2 - 8:00 am-5:00 pm
Sat.-Sun., Jan 3-4 - Closed
Mon., Jan 5 - Normal hours resume

The Library does have donated paperback books that are perfect for travel and holiday reading. They are shelved in the Recreation Reading section on the second floor and may be checked out and renewed for four weeks.

The Library also has cassette audio tapes that may be checked out for four weeks. They

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often are used during commuting or long car trips for continuing education. Recent cassette titles include retinal disorders, glaucoma diagnosis and management, and refractive options and complications.

You can access the Library's online system from home. The off-campus website is:
http://library.ico.edu
This website will allow you to see the books, periodicals, tapes, and other items owned by the Library. If you also want to see the articles in Visioncite, ask a Library staff member for your id and pin so you can access the Visioncite Library from off-campus.

Have a great holiday and happy New Year! We look forward to seeing you in 2004 in the Library.

Attention ICO Students:

The Luxottica Group is again providing their annual Agenda Book and Reference Guide for the year 2004. You can pick up a copy in the mailroom foyer.

School or Not
Please call ICO's weather hotline if you are in doubt about school closings due to weather…312-949-SNOW.



Attention Third Year Students – Graduation Pictures



Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 16 & 17**, 2003 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets are posted on the third year bulletin board.

Commencement Information

Commencement Capstone Program – will take place on Wed., May 19, 2004. Commencement rehearsal will also take place on Wed., May 19th in Rockefeller Chapel on the University of Chicago campus. Time and details to be announced.

Commencement for the Class of 2004 will be held on Sat, May 22, 2004 at 1pm in Rockefeller Chapel.

2004-05 R.A. Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2004 – 2005 resident assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are available in the Student Affairs Office. The deadline for the applications is Friday, December 19th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it.

Get Involved in the AOSA

The American Optometric Student Association (AOSA) is now taking applications to serve as a National Liaison in the following positions:

- American Academy of Optometry (AAO)
- American Public Health Association (APHA)
- American Optometric Association/Political Action Committee (AOA-PAC)
- Armed Forces Optometric Society (AFOS)
- Association of Schools & Colleges of Optometry (ASCO)
- College of Optometrists in Vision Development (COVD)
- Optometric Extension Program Foundation (OEPF)

National liaisons represent all 5,300+ students of optometry to each of the above-listed organizations. They work directly with the group's leaders to provide students' input to issues impacting the organizations.

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Liaisons travel to the organization's annual meetings, participate in working groups, and report to the AOSA Board of Trustees at the joint AOA/AOSA conference. They also coordinate the efforts of local liaisons located at each of the 19 schools of optometry.

ICO currently has two students serving as national liaisons, fourth years Ryan Haiar (ASCO) and Sima Lal (APHA). If you are interested in working directly as a spokesperson for optometry students nationwide and want to work closely with leaders of the organizations above, please email Lindsay Luker (AOSA Trustee) at laluker@hotmail.com or Al Licup (AOSA Trustee-Elect) at aslicup@msn.com for an application. The deadline for applying is January 15, 2004.

CLASSIFIEDS

No Classifieds this time.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Postgraduate Program

University of Houston

- Tenure and Non-Tenure Clinical Science Positions, University of Houston, College of Optometry
- Tenure-track Vision Science Faculty Positions, University of Houston, College of Optometry

For more information check the residency drawer in Student Affairs Office under Texas

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
New Hampshire Optometric Association (NHOA)	• New Hampshire resident	$1,000to $2,000	No Deadline
The Dan David Prize	• Outstanding doctoral student • Topic relating to field chosen for the year 2004	$ 15,000	January 10, 2004 Must visit website at www.dandavidprize.org
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	• 4th Year • Write a case report that uses Alcon products	$1,000 National winner will receive additional $5,000	January 31, 2004 – To Student Affairs Office

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American Optometric Association Student Leadership Award	• Third year student • Leadership role • One page curriculum vita • Statement about leadership role	$1,000	February 2, 2004 – To Student Affairs Office
Chicago Area Schweitzer Fellows Program	• Health professions, Graduate level-degree in Chicago Area • Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life • Projects include 200 hours direct service, Site mentor, Faculty Mentor, Written report	$2,000 stipend	Applications received by Friday, Feb 6, 2004 to The Chicago Area Schweitzer Fellows Program c/o Health ad Medicine Policy Research Group 29 E. Madison Street, Ste 602, Chicago, IL 60602 www.hmprg.org
2003-2004 Secretary's Award for Innovations in Health Promotion and Disease Prevention **US Dept. of Health and Human Services**	• Health Professions Students • 2,500 words or less • Health promotion project on a special population group or a preventative risk-reduction effort for targeted community	1,500 to 7,500	February 12, 2004 http://bhpr.hrsa.gov/interdisciplinary
Varilux Student Grant Award Program	• 3rd and 4th years • Case report on patient	$1,000 and entry into national judging	To Dr. Colip By March 1st, 2004
AOSA- Vistakon Travel Grants (look under Vistakon)	• 300 to 500 word essay – "Optometry in the next 10 years: Where will the standard of care take us?" • Register for AOSA General Session on Thur. June 24	2 - $500 dollar essay winners and one $1000 overall winner	To: Dr. Colip By March 15, 2004
The 2004 Dr. Seymour Galina Grant (Look under Galina)	• One 3rd year student • Paper not to exceed 1,500 word • Member of AOSA and AOA	$2500	To Dr. Colip By April 21, 2004

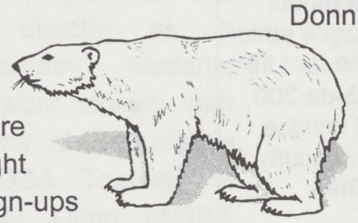
The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Gym Closings

Please check the bulletin board and gym door for upcoming gym closings during the busy holiday season. Closings are also listed on the fitness center information line X7462.



Polar Bear 2004

The cold weather is here and Polar Bear 2004 is right around the corner. All sign-ups are due December 19 and you will start logging your miles on January 12. Please call Shelby at X7460 with any questions.

Massage Therapy

Do the approaching holidays have you stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

This is Carol Suriano's last massage therapy session. If you have a gift certificate it must be used at this time. Please call Shelby at x7460 for further information or to schedule an appointment.

The last session will be Thursday, Dec 18.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers Donnie Hager, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Donnie through box 46, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Being Fit Helps Speed Healing Following Surgery

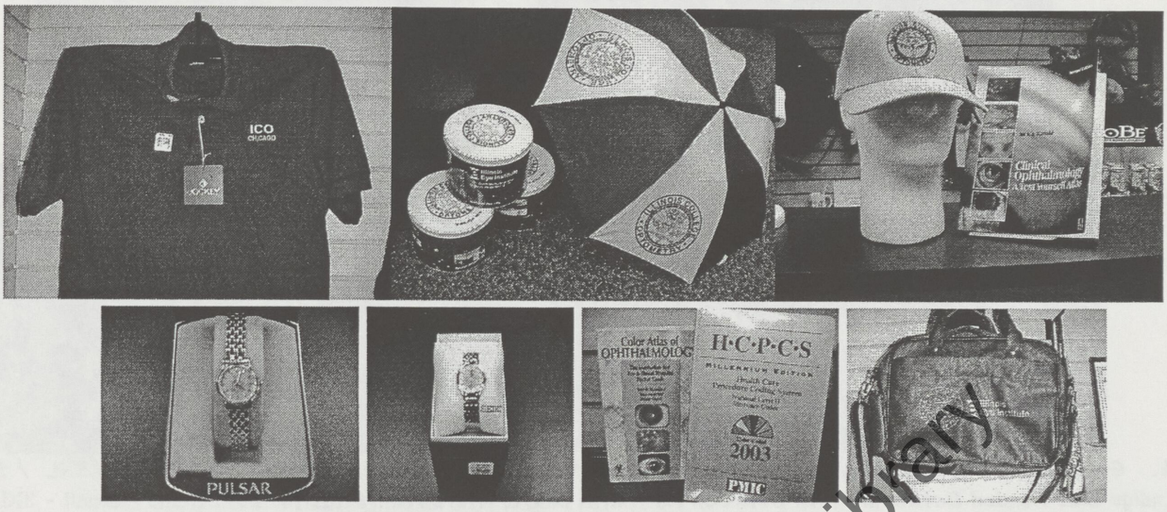
People who are in good physical conditioning prior to undergoing surgery recover faster than those who are out of shape. Researchers at the University of Missouri, Columbia, tested the recovery times of fit and unfit rats following a prolonged period of bed rest. Regardless of age, the fit rats recovered more quickly. In fact, the older the rat the more it benefited from being in shape. It is not too much of a stretch to say that same results would appear with humans.

This information is provided by *ACE FitnessMatters*

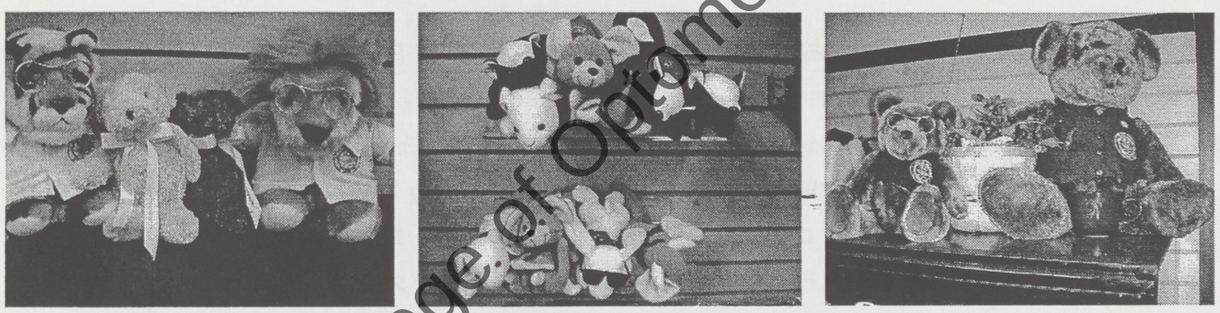
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Chgo, IL 60616 - (312) 949-7471

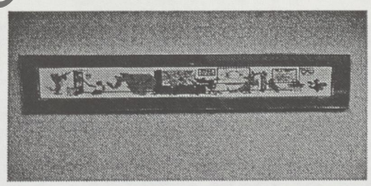
1. ICO Chicago Jockey Knit Sport Shirt in Navy or Red with White Print Sizes (Small-XL) $ 28.99
2. Custom ICO/IEI Tins (Empty) You can fill it with anything you desire. -$17.99
3. ICO Umbrella - $17.99
4. ICO Flexi Fit hat in Khaki or Navy (2 sizes - S/M or L/XL) $16.99
5. Men's Pulsar Watch with ICO Emblem Face - $ 189.00 ------ Women's Seiko Wathc with ICO Emblem Face $ 90.00
6. We offer a host of reference books and materials in optometry and ophthalmology - please call to inquiry.
7. ICO/IEI Faux Leather Traveler Bag - $43.99



8. ICO Emblem Labcoat Bear $16.99 - Chenille Beany Baby /Assorted Colors w/White ICO Ribbon $6.99
9. ICO Beany Baby $6.99 w/Sunglasses $7.99
10. Precious Velvet Bear with ICO Vest and Glasses $21.99
11. Oversized Extra Soft Cuddly Bear with ICO Vest $39.99









12. Wine and Country Gift Baskets (Limited Quantity at Various Prices) are available for purchase.

13. Robert Marble Custom Framed Lithograph - SALE $150
Reg. Price - $ 197.97

14. ICO Port Authority Robe
One Size - SALE $ 40.00
Reg. Price $ 52.99

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Items 1-5
(Left to Right)

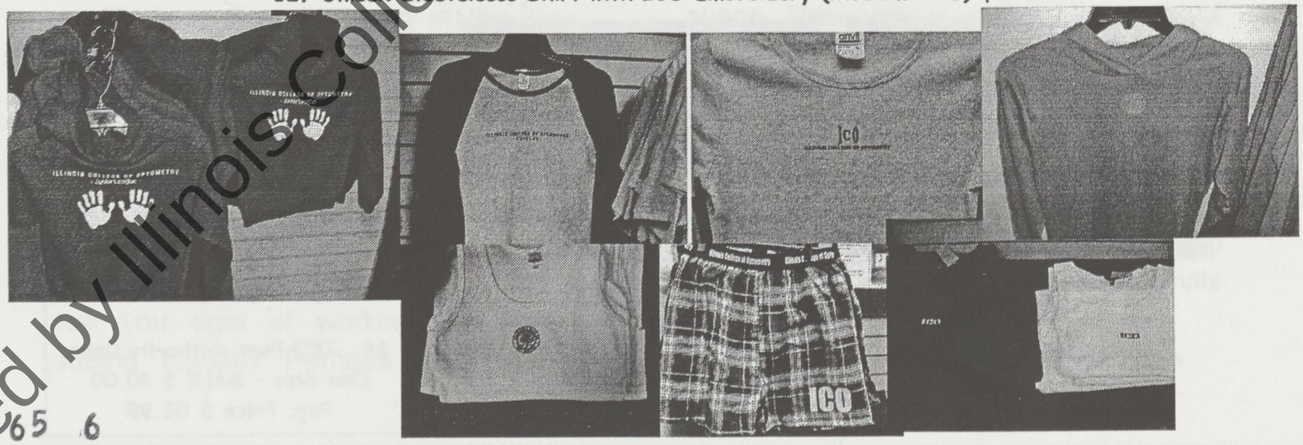


1. Grey Hooded Sweatshirt with ICO Detail on Hood in w/Navy Print Sizes for both items - Small - 3XL / $ 37.99
2. Indigo Blue Hooded Sweatshirt with Detail on Hood with Blue & White Print Sizes for both items - Small - 3XL / $ 37.99
3. Items 1 and 2 Without Hood, (not shown) with ICO Detail on Upper Middle Back - Small - 3XL / $35.00
4. ICO Knit Hats (Navy-Black-Grey) $13.99 - Ear Warmers (Grey, Black, Forest Green) $11.99
5. ICO Wind Suits - Pullover Top/Pants have snaps on bottom leg. Colors: (Black/Gold or Black/Blue) (2-pc set) $75.00

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6. Children's ICO - Jerzees Hooded Sweatshirt in Navy or Red - Small (6-8) Med (10-12) Large (14-16) $16.99
7. Ladies Fitted Baseball Shirt in Heather & Navy (Small-XL) $14.99
8. Steel Grey American Apparel Hoody with Matching Yoga Pant/Red ICO Emblme (Small-XL) Hoody $21.99 Pant $16.99
9. ICO Heather Ladies ¾" Sleeve Tee (Small-XL) $14.99 Matching Drawstring Pant (not shown) $ 17.99
10. ICO Sleeveless Shirt (Ladies - Small - XL) $11.99
11. Unisex Flannel ICO Waistband Pajama Short (Small-XXL) $11.99
12. Unisex Sleevelesss Shirt with ICO Embroidery (Medium-XXL) $14.99

Items
6 - 12
(Left
To
Right)



5 5/65 6

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